

# the good and bad habits of smart people



Follow the steps of the world's smartest people. Just make sure to pick up their GOOD habits.

Remember. While extreme intelligence has some negative associations. EXHIBITING these traits won't make you smarter!



## INTELLIGENCE QUOTIENT

An indicator of individual's mental abilities relative to others of approximately the same age

## IQ

100 ..... Average  
115 ..... Above Average  
140 ..... Genius  
160 . Extraordinary Genius

## THEY ARE PERSISTENT

Did not speak until he was 4

**ALBERT EINSTEIN**  
IQ=160

First business failed

**BILL GATES**  
IQ=160

1000+ lightbulb attempts

**THOMAS EDISON**  
IQ=145

School dropout at age 10

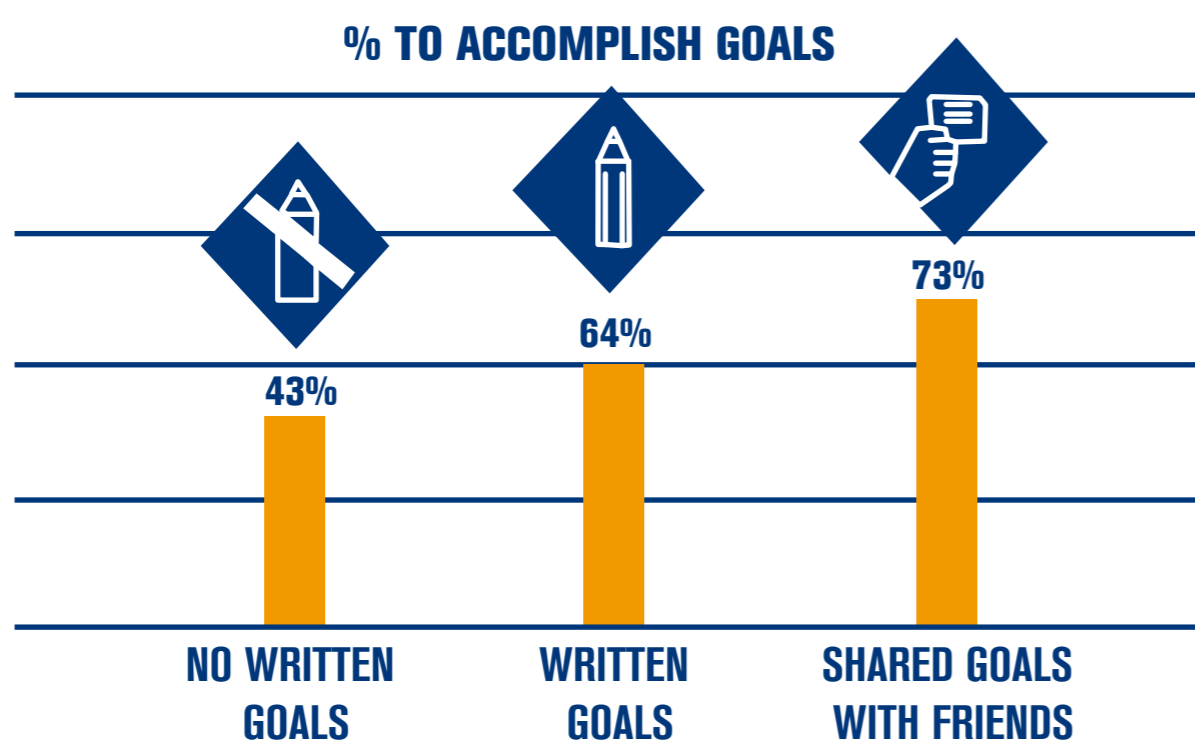
**BEN FRANKLIN**  
IQ=160

Told he would fail

**BEETHOVEN**  
IQ=165

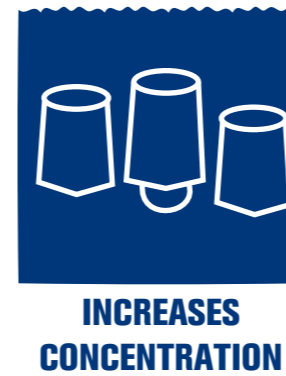
## THEY SET GOALS

Students who were given 4 weeks to accomplish a goal performed in the following ways



## THEY ARE AVID READERS

THE BENEFITS TO READING:



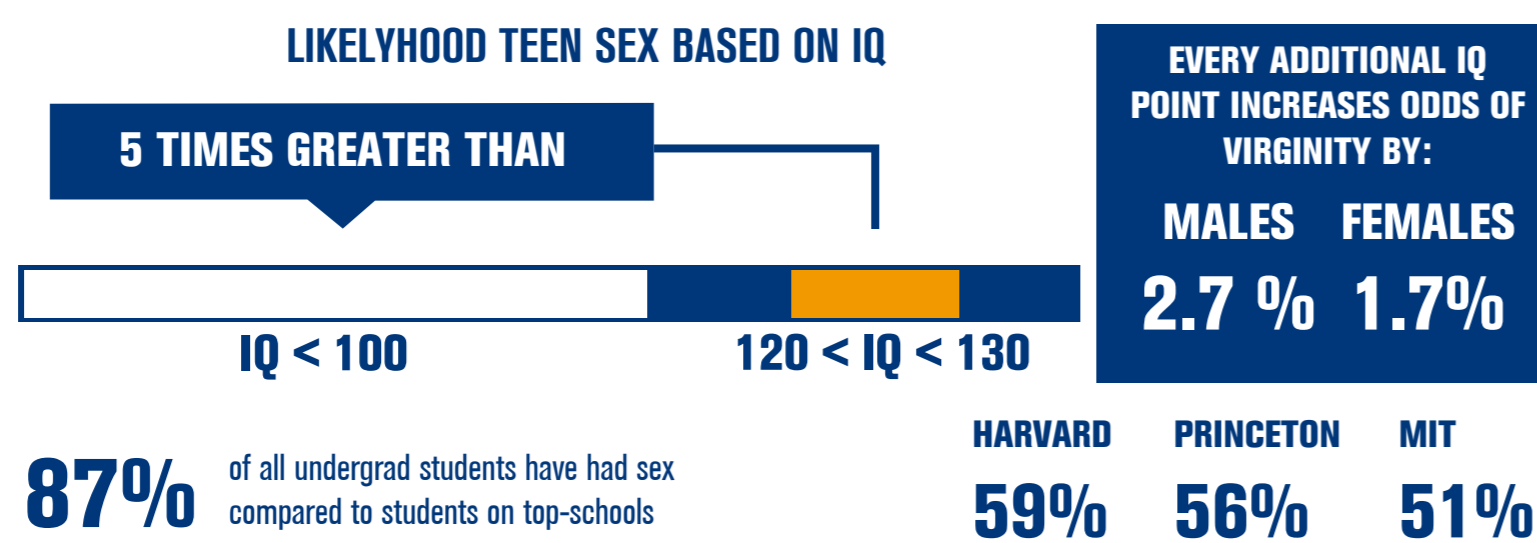
15 MINUTES READING A DAY EXPOSES YOU

MORE THAN

1.000.000 WORDS A YEAR

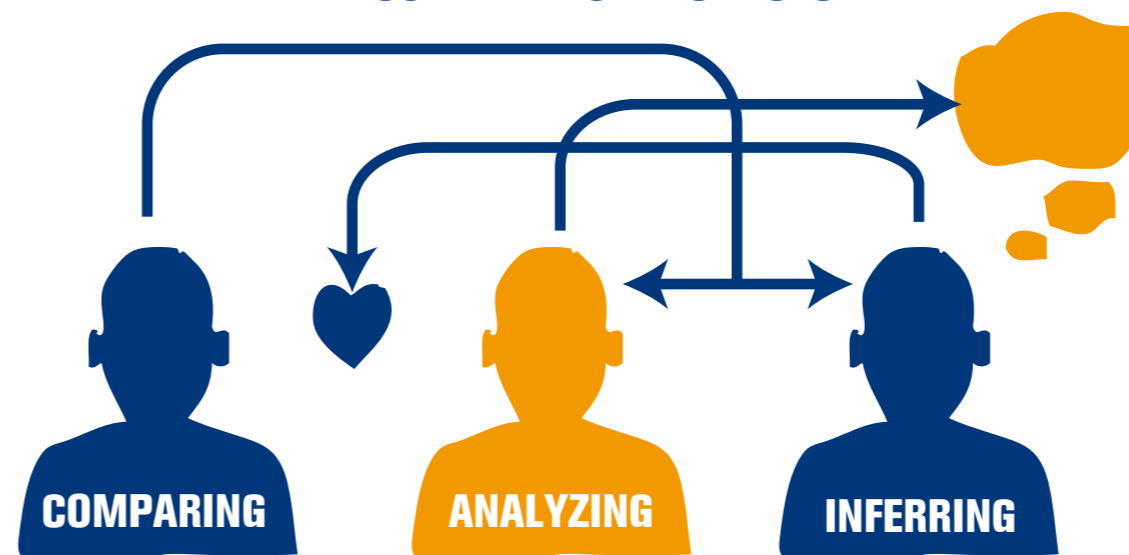
## THEY ARE SELF DISCIPLINED

IQ level is a good indicator of rates of virginity amongst adolescents



## THEY THINK ABOUT THINKING

COGNITIVE SKILLS INCLUDE:



### METACOGNITION

The self-awareness of one's own knowledge. Metacognition encourages critical thinking and helps maximize cognitive skills.

## THEY TEND TO DRINK

Studies show that intelligent children are more likely to drink as adults, compared to their peers



## THEY USE DRUGS

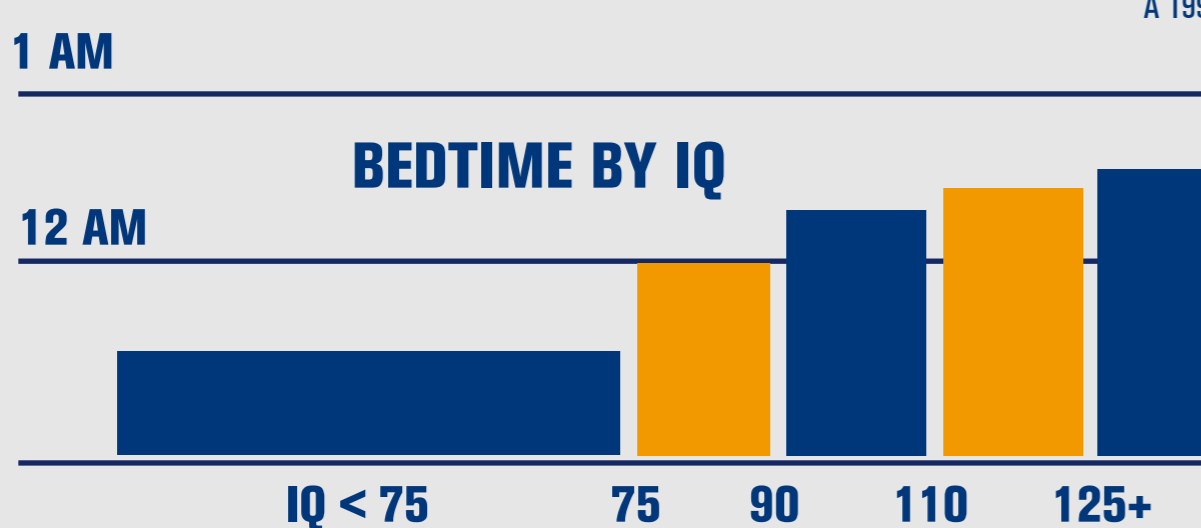
A British Cohort Study tested children's IQ at ages 5, 10, and 16. Thirty years later they were asked if they used drugs in the past year.

BOYS IQ > 107 2X MORE LIKELY TO USE ILLEGAL DRUGS DURING ADULTHOOD THAN PEERS

GIRLS IQ > 107 3X MORE LIKELY

## THEY ARE NIGHT OWLS

A 1995 demographically controlled study surveyed IQ levels of 20,000 students. Ten years later they checked their sleep patterns.



SLEEP DEPRIVATION INCREASES

- RISK OF HEART DISEASE
- RISK OF OBESITY
- LIKELIHOOD OF DEPRESSION

## THEY ARE ANXIOUS

In a 2012 study patients with generic anxiety disorder exhibited higher IQ scores than healthy volunteers

CHRONIC ANXIETY CAN LEAD TO



GOOD HABITS

BAD HABITS