

It's The Little Things

10 Painless Tweaks That Can Change Your



Faith
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Introduction



You're probably quite familiar with the concept of changing who you are into the person you want to be. So often it is a grueling endeavor, that naturally crashes and burns. But does it have to be this way?

The problem with making a decision to change, or even just in forming resolutions lies in how much we want it all to happen right now.

We can't wait to be the person we see in our mind's eye and so we throw ourselves at new routines, make sweeping changes in our lives, thinking this is how you get things done.

As it turns out, lasting personal development almost never works this way. Even if things go well initially, sooner or later we go back to our old ways. We become discouraged and quit. Hence, catastrophe ending in discouragement and a cycle of self-blame.

Consider for a moment if changing for the better didn't have to be this way.

In fact, take this idea a step further. Imagine if the solution to change has nothing to do with you and how much willpower you have, but rather to do with how much change you're trying to create in the first place.

Think about things this way. Easy, tiny changes are effective because they're ...easy and tiny! Even better, these kinds of tweaks are relatively painless.

At the same time, when you're consistent with small changes, you'll find you very quickly form big habits, which in turn gives you the kind of life-changing experience you were looking for all along.

In this book, we're going to examine the little things and why they're so helpful. From there, we'll examine ten small changes and the big ways in which they'll seriously change your life forever.

Intrigued? Let's find out more!

The Wonders of Incremental Change



Just why are tiny changes so helpful in our lives? The answer might be simpler than you think.

As mentioned in the introduction, too often we associate the idea of change with a lot of pain and suffering. We think of bettering ourselves through sheer force of will, as though grit and determination makes all the difference. While there's nothing wrong with willpower, the

problem is, we seem to have a finite source of it. In short, the more stressed and tired we are, the less likely we are to have the willpower we need to drive any sort of positive change.

But when you think of doing something in increments, you're taking something which is big and might even seem unmanageable and breaking it down into smaller steps. So instead of focusing on a great big goal, which tends to need bigger steps to accomplish, you're looking at smaller goals which requires less of a leap.

Not sure how this works? Consider these two scenarios:

- You want to eat healthier so you make a goal to have a salad for dinner every single night for the next two weeks, entirely replacing whatever it is your normally would have.
- You want to eat healthier so you make a point to replace something on your dinner plate with a vegetable every night for the next two weeks.

Which one would you find easier to stick with? If you said the second, you're probably right. In the first scenario you're trying to change your entire dinner, with something you wouldn't normally eat, and then keep it up night after night. In the second, you get to eat about what you normally would with one addition – a vegetable instead of something else. But wouldn't the salad be healthier?

Not necessarily. Think about this: with the salad idea, you're going to get tired of the same thing night after night. Even if you stick it out for a few weeks, you're going to find yourself leaning toward cheating. Or you might snack after dinner to 'compensate' for what you might see as a meal which isn't interesting or filling.

In the second scenario, you're doing two positive things. You're eating more vegetables, which is always good. You're also replacing something else on your dinner plate which very likely will mean fewer carbs or starches, or less fat.

What's the benefit over time? With the salad, you're likely to quit at some point. With the second change, since you're finding it easier to stick to this change, in no time at all you're going to grow accustomed to eating more vegetables. You're also going to start looking for ways to add in those vegetables naturally, without a lot of thought.

In fact, by the end of the month, you'll be adding in those vegetables by force of habit and will be ready for another incremental change. For example, you might want to keep with the veggies and now try a meat-free main dish a couple of nights a week. With your vegetable habit already in place, this wouldn't be a hard leap to make.

Are you starting to see where incremental change can start adding up to really big change over time?

Here is the true beauty of these small changes: they become routine so very quickly you hardly notice them at all. Yet the overall impact of this change is incredible.

Big results really do come from small change. The key is to know which changes to start with for the biggest impact. In the next section, we'll guide you through ten changes, their benefits, and how you can get started fairly painlessly.

The Little Things



Over the next few pages, you're going to discover ten easy changes you can make in your life. Each of these changes is so easy to do, you'll hardly notice making them at all. What you will notice though, is just how different *you* feel when you make them.

Develop Positive Thinking



Our attitudes really do dictate the rest of our lives. If you don't believe it, consider how it felt the last time you were in a bad mood. When you're negative you tend to feel as though the world is against you and nothing is ever going to go right. When you start thinking this way, you might even stop whatever you're doing. After all, what's the point of even trying? Worse, you can't see anything positive about the future, so goals feel irrelevant and not worth your time.

If this seems familiar, consider the opposite. A positive attitude can make you feel like you're ready to take on the world. Everything is exciting and the possibilities are endless. You throw yourself into your projects, eager to push on to the next goal.

What Can I Gain From Positive Thinking?

Positive thinking is what creates a positive attitude. Here's a quick rundown of some of the benefits of a subtle shift in mindset over to the good things in life:

- You're less likely to stress about things.
- You experience more of the 'fun' emotions, such as joy, happiness, and even love.
- You tend to see more things as being possible and set more goals.
- You're not so easily put off by disaster and are more likely to look for solutions than give up.
- You experience better health overall.

How Can I Get Started?

The good news is, it's not hard to train yourself to think more positively about things. Mostly it's a matter of paying attention to what you're thinking and saying. For some super-quick ways to take control of your thinking, try these tips:

Pay Attention to Your Self-Talk and Correct it When You Can

You need to start hearing your internal dialogue. How often are you having negative thoughts? This can be tricky as sometimes our thoughts carry a lot of tone which might not manifest in the thought itself.

For example, you're going to the store to buy bread. You see they're out of your usual brand. Your thought, "They're out of bread" might seem neutral enough, but if this thought is accompanied by a feeling of intense disappointment, you're falling into negative thought patterns without realizing it.

Here's where you need to be ready with a positive spin on the situation. You might remind yourself this is an opportunity to purchase a different brand of bread you've been meaning to try.

Notice Positivity

Self-talk can be hard to correct, especially when you're not used to looking for the good in things this intently. To train yourself to become more positive, start noticing what's going on in the world around you. Make a habit of acknowledging the positive things when you see it. Notice acts of kindness, when things go right, and anything else which makes you feel good when you see it. Soon you'll be looking on the bright side wherever you go!

Even when the Negative Happens, Find the Positive Outcome

Positive Thinking isn't all Pollyanna, hearts and butterflies. Sometimes you're going to experience bad things in life. This is to be expected. It's what you do with these things which counts the most. So if you're sad or angry about something, rather than making this a stopping point for your emotions, look for the opportunity this offers to make a positive change in the world. After all, it's emotions like grief and anger, with a positive spin which turns us toward activism and making the world a better place.

Spend More Time with Supportive People

Who do you hang out with? If you're like most people, you probably don't give this a whole lot of thought. Your friends are your friends. What difference does it make who you're with so long as you're getting out and socializing once in a while?

As it turns out, it makes a great deal of difference. It's said we're a sum of the people we spend the most time with. This might seem like a throwaway comment, but studies have shown this to be more true than you would suspect. In fact, you are likely to:

- Have roughly the same income level as your friends.
- Share the same attitudes toward life as your friends, either positive or negative.
- Have the same level of ambition regarding dreams or desires as your friends.
- Have the same success level as your friends.



Stop and think about these things for a minute. Who are the five people you hang out with most often. Where are they in life? Is this where you want to be?

If the answer is no, don't be surprised. We pick up friends from all walks of life, and we enjoy their company for various reasons. For this reason, we're not saying you need to get rid of your old friends. It might be a good idea though, to start cultivating friendships with someone new.

What Can I Gain From Being with Supportive People?

When you're with people who understand your dreams and ambitions, who are interested in seeing you succeed, you start to achieve more. This is fairly simple to understand. We all do

better when we know someone has our back. Besides, who can't help but push a little harder when you have cheerleaders in your life?

But you take this to the next level when you start to really consider who you want to hang around with. Having a supportive group means you want people around you who are going to bring you up on all levels. You want people who are successful and aren't afraid to go after their dreams. By being around people who are inspiring, you will find their positive energy becomes your own.

How Can I Get Started?

Really, this is simpler than you think.

Look for People Who Share Your Interests

Maybe it's time to join groups of people with similar goals or ambitions. Or look for like-minded people who might already be around you at work or school. The point here is to discover those who are going to 'get' you and what you're about.

Hang out with People With a Positive Outlook

It's not practical to think every person is going to be cheerful every minute of the day, but as you already know, some people are always going to be dour and negative and others will at least try to look on the bright side. You'd be amazed at how much someone else's mood can affect you, so finding someone who is more positive than negative will go a long way toward protecting your own frame of mind.

Find a Mentor

Know someone who has succeeded at something which relates to your own goals? Ask if they'd like to be your mentor.

Create a Tribe

Find people who are already passionate about your goals and draw them together. Your tribe

is there to support your efforts, cheer you on, and be there for you as you soar toward success.

Cultivate What You Have

It might be you already have some great people in your list of friends, but you might not be particularly close to them. These are the people you want in your corner. How can you grow these friendships?

Cut the Toxicity

This needs to be said because it's incredibly important: If you have people around you who only criticize and bring you down, they're not doing you any good. These are the people who can really destroy the good your other friends are trying to build. You really have no room in your life for toxic people. It's time to really cut back on your exposure to people like this.



Start Journaling



The act of journaling is often neglected, especially in today's busy world. We're quickly losing the value of the written word, not realizing there's more to journaling than keeping a record of teenage angst when you're fifteen. The idea of keeping a journal goes back about as far as the art of writing. Our ancestors recognized the value in putting their thoughts down on paper, likely without understanding just how cathartic and life-changing an act this could be.

What Can I Gain From Journaling?

There's been a lot of studies on the value of journaling. Here's a quick rundown of some of the finer points of why it's so good for us, and how it can change your life:

You Become More Aware of Your Emotions

The very act of writing down what you're experiencing has a way of pulling out into plain view what you're feeling. This alone is a great reason to journal.

You Are More Likely to Reach Your Goals

People who journal are more likely to accomplish what they set out to do. Why? The very act of journaling helps you to see the next steps clearer. It's also easier to set mini-goals which will help you to reach your overall desires.

You Become Smarter

The very fact you're expressing yourself in written form is guaranteed to raise your IQ by more than a few points.

You Communicate Better

The act of writing your thoughts down will challenge you to find the words to explain what you're thinking and feeling. These skills will translate into other areas of your life.

You Become More Creative

When you write, you sometimes start seeing connections you wouldn't otherwise, leading you to more creative solutions.

You Work Through Things You Need To

Writing down your feelings is a time-tested method of therapy. Putting your thoughts and feelings into words, in a private place such as a journal can be invaluable in working through traumatic experience.

You Sleep Better

If you journal before bed, you can lay to rest any thoughts or worries which might otherwise keep you awake. Placing them in your journal gives them a place to settle so you can sleep.

How Can I Get Started?

It's really not hard to journal. It is recommended you write things out by hand for optimal benefit.

Find the Right Place to Write

You want to journal in a location free from distraction, in whatever sort of journal which appeals to you most. Some people like the fancy leather-bound books, but anything will do from a spiral bound notebook to a legal pad or sketchbook. It's up to you to find what you like best.

Make it Habitual

Journaling needs to be a daily practice for optimal benefit. Most people like writing before bed, but put this into your routine where it fits best for you.

Free Write

To get started, sometimes you just need to throw down on paper whatever is in your head. Try setting a timer and just writing with no conscious path, putting down whatever occurs to you to get started.

Follow the Pathways

To avoid getting caught up in an endless circle of obsessive thought, don't just write about the same thing every day. If you find you're getting stuck on a certain emotion or thought, force yourself out of the pattern by taking it to the next level. Start asking the "why" questions. Why am I stuck here? Why am I really writing about this? Why does this matter so much to me? By tracking down these answers you might find a pathway to something else entirely which you hadn't realized was there until now.

Try Making Lists

Having trouble with writing out long paragraphs of exposition? Some people enjoy bullet-point journaling. Start making lists of things. Goals. Dreams. Desires. Things you're thankful for. A journal doesn't need to be anything more than this to be effective.

Express Yourself Creatively

Not a writer? Some people use their journals to doodle or draw what's on their minds. Record your thoughts in whatever way works best for you.

Take a Walk Every Day



Walking seems like such a simple thing to do. You don't need anything special to get started, just your own two feet and some kind of place to walk to. This last part is pretty easy. You can walk when you get to work by parking a little further away from the door. You can walk around the block or around your neighborhood. You can even just walk around your yard, or in bad weather around someplace indoors like a mall or a museum. Where you get your exercise is entirely up to you.

What Can I Gain From Walking?

You Experience a Shift in Mood

Anytime you're out walking, exercise releases endorphins in your brain, which lead to a rush of good feelings.

You Find More Energy

Unlike a heavy workout, walking can actually wake you up by getting your blood flowing again. A short walk can make you feel as though you're ready to take on the world.

You Lose Stress

Whatever is weighing you down seems to fall away while walking. Some of this is endorphins, some of it is the change in scenery.

You Become More Creative

Studies have also shown you have better brain function when you walk, so if you have a problem nagging at you, walking might just find the solution you've been looking for as you wander.

You Sleep Better

As with any exercise, getting out and moving during the day seems to help people sleep better at night. There's even studies to back this up!

How to Get Started?

It seems as though the very act of walking would be pretty simple. You just get up and start moving around, right? Not quite. As with any exercise, there are things you can do which will optimize the benefits of walking. Here are some quick ideas:

Walk Often

This isn't a once and you're done activity. The more you walk, the more you'll benefit from the exercise. Generally, you're going to need to do more than schedule a daily walk, why not look for opportunities to walk at every turn? For years now the recommendation was to get in 10,000 steps a day. Now new studies suggest the actual number for real benefit might be

closer to 15,000. This means you'll want to park further from every destination just to get a few more steps in. Or you're going to want to start walking to where you want to go completely. These 15,000 steps should be a cumulative number from your efforts to get in more walking throughout the day.

Walk Faster

Anytime you're wanting to engage in exercise, you want to raise your heart rate at least a little to get the most benefit. Upping your speed just a little bit will generally do the trick.

Walk Up

Want a little pro challenge to get your heart pumping and improve your muscle tone? Try walking on hills or add some stairs into your walking.

Establish a Morning Routine

When you're looking to change your life in a big way, one of the simplest ways to do so is to start your day out right. A solid morning routine will set the tone for the entire day, and will set you up for success before you even get out the door.

What Can I Gain From a Morning Routine?

A morning routine is a pattern which will get you up and moving in the morning and on with your day. It starts the moment you open your eyes and is carried out to whatever reasonable end point you imagine. For some this means getting out the door to work. For others it's the point where they have their kids safely off to school. The point here, is to build a routine which works for you. In general though, all *good* morning routines will do these things:

Your Morning Routine Started the Night Before

The best morning routines are set up before you go to bed. This means laying out your clothes for tomorrow, finding what you need to get started, and making sure you have on hand what you need for breakfast.

You Will Become a Lot more Intentional About Your Day

You know the purpose of your day when you take the time to create a routine to optimize your morning.

You Drop the Stress

Forget those mornings where you can't find your keys and have no time for breakfast. When you have a routine in place, this means you also have the tools in place to succeed at this routine. You know right where everything is. Easy!

You Will Move Easily Through Your Morning



When you become used to your Morning Routine, the action of carrying it out will feel something like dancing or even poetry. You will flow from one task to the next. This is especially true when the routine becomes habit, and you're accustomed to moving through it without thinking.

You End the Routine on a High Note

Once you've accomplished the routine, you feel fulfilled and ready to face the day. It's no wonder you're starting the day feeling so good.

How Can I Get Started?

As stated before, your morning routine needs to be uniquely yours. The only time you're going to really spend on this item is in setting it up. Once it's in place, you should be able to flow through it easily. To create the best routine, ask yourself these questions:

- What do I want to accomplish in my morning routine?
- What's the first thing I need to do each morning from the moment I wake up?
- What's the last thing I need to get done before my morning can be complete?
- Where is the 'wiggle room' in the routine in case the out of the ordinary happens?
- What things should I set up the night before?
- How will you fit breakfast into your routine?
- What about some sort of exercise?
- How much time do I reasonably need to complete my morning routine?
- How can I keep my morning routine relaxed?

Start Setting Goals



What is life if you have no purpose or higher goals to strive for? Without goals, people quickly grow stagnant. The nice thing about setting goals? They aren't hard to make, and even easier to follow through on than you might suspect.

What Can I Gain From Setting Goals?

Goal setting is a powerful activity. This means you're able to look toward the future with a positive attitude and see all the possibilities which are there. Consider these other benefits:

- Goals help you to see the future more clearly.

- Goals push you into action: no more procrastination.
- Goals help you to see how far you've already come.
- Goals defeat depression or anxiety about the future.
- Goals give your life purpose and meaning.
- Goals show you a clear path toward what makes you happiest.

How Can I Get Started?

Goal-setting can seem daunting. Remember why you're reading this book though. Everything here is supposed to be a very simple fix toward changing your life. Hopefully, by following these steps you'll discover just how easy it is to set goals which will set you on the path toward positive change.

What Do you Believe In?

Great goals start with the things which matter most to you. These aren't the goals you think you should have. These are the goals which keep you up at night and get you excited when you talk about them with others.

Brainstorm

Still having trouble finding your initial goal? Why not take what you have so far and try brainstorming a little. If you have more than one thing your passionate about, why not look for ways to combine them? For example, if you're interested in working with children and love building things from wood, maybe your goal has something to do with teaching children how to create some really great projects of their own. This is the step where you get as silly as you like and throw down everything you can think of until something jumps out at you.

Make the Goal Clearer

You're never going to attain any goals if you don't have a good idea of what success looks like. Once you pick a goal which seems likely, you'll need to hammer out exactly what you're doing. Visualize this goal in as much detail as possible.

Analyze

Is your goal complex enough to be challenging, but not so far out of the realm of possibility to where you could never achieve it (this would be a dream, not a goal)?

Map the Route

How do you reach this goal? What steps would you need to reach it? How can you break down these steps into bite-sized chunks? Are there resources you will need to create these goals?

Accept Who You Are



How clearly do you see yourself? Or are you just an actor playing the role of your life?

All too often we hide from who we are. Instead, we construct a false image of ourselves, showing the world who we'd like to be, or at least who we think they'd like us to be rather than giving them the unvarnished truth. But is this good for you?

When you want to change your life, coming back to a more authentic version of yourself is absolutely necessary. And while this book touts a lot of very easy things to do to change your life, this isn't one of them. The concept is simple, the action sometimes can be quite hard. It's well worth it though.

What Can I Gain From Accepting Who I Am?

The best part of accepting who you are, is you can finally quit playing games. It's exhausting trying to be a persona. For one thing, you have to keep all the details straight.

Think about this: In college you might have wanted to project the image of being the rock solid student interested in your studies. In truth you were probably taking a few classes only because they were required for your degree and you had no interest in them whatsoever. But because you wanted to do well in class you projected an image of a student genuinely interested in the topic, which may at some point or another backfired. The professor took you seriously and started engaging you in conversations about taking this study further. Now what? Do you make an excuse for not taking the extra classes? Do you pretend you're going to and then hope they forget about you when you never show up again? Yikes. Now you're in a quandary.

Being authentic would have taken a different approach. This is not a free license to be rude. But expressing who you are takes all the pressure off. This particular case comes to a head every time someone is brave enough to take a stand on who they are inside. Imagine being able to say something like,

"I'm gay."

"I'm conservative."

"I'm vegetarian."

"I'm _____"

...without once feeling like you need to apologize or pretend to be something different just to fit in with those around you.

How Can I Get Started?

In being you, the biggest mistake people make is in thinking they have to get the other person to accept whoever you happen to be. Guess what? This is really not your job. You can't control how someone is going to react to you. You can control whether you're going to let it bother you if they don't like what you say.

You Start With You

Is your hesitation to *become* who you are tied up knots because you haven't *accepted* who you are yet? You might need to do a little work to untangle some pretty complex emotions.

Ignore the Fear

People are going to react however they're going to react. Holding back because you don't know what this is going to look like is just silly. How do you know what they're going to say? Besides, if they don't agree with you, so what? There are plenty of people out there who will love and support you for being you without them.

Drop Your Bias

This might be a bit harder. You might have been holding back because you've been making assumptions about other people. Isn't this what you were afraid they were doing? You might need to be a little harsh with yourself and bust some stereotypes of your own.

Apologize

If you've been very successfully playing a part for a while now, people might feel a little betrayed, feeling you weren't honest with them in the first place. If this is the case, you might owe them an apology.

Embrace You

Hey, this doesn't have to be all negative. Now that you're here in a place ready to accept who you are, do so. Enjoy just how great the real you is. This is the best part of all of being authentically you.

Read More



Books, magazines, journals, blogs, articles...whatever is in print is fair game in this next life-changing task. When you read you open up your horizons to a new world. Sadly, this is one of the most neglected of self-help techniques. After all, who has time to read?

As it turns out, you should. Reading has so many benefits beyond getting lost in a story.

What Can I Gain From Reading?

Anytime you read you're going to gain something new, just from the ideas on the page. Books and other literature will open your mind to new ideas and show you things about the world you never saw before. But have you considered these specific benefits of reading?

- Reading exercises your brain. You really do need to use it or you lose it.
- You gain new words in your vocabulary and new ideas to explore.
- Reading reduces stress and anxiety by immersing yourself in another world.
- Reading self-help books can help with depression or other mental health issues.
- Reading also can change your mood into something more positive.
- Reading builds a better memory and can help protect your brain from dementia.
- Reading builds creativity and writing skills.
- Reading teaches empathy
- Reading entertains.
- Reading improves your sleep quality.
- Reading makes any day better.

How Can I Get Started?

There's more to reading than just grabbing any old thing and reading it. Though this might be a jumping off point, to gain the most benefit, you're going to want to consider these very simple tips:

Choose an Interest

Reading can feel like a chore if you're bored with the topic. This is especially true if most of your memories of reading books had to do with school assignments and very little to do with reading just for fun. Reading should first and foremost be fun, so look around. There's books on every topic in the world, so finding something which is entertaining to you personally shouldn't be hard. Stuck for ideas? Ask a librarian or bookseller for some advice.

Make a Commitment to Read Daily

For the most benefit to reading, add it into your daily routine somewhere. A lot of people enjoy reading before bed as it truly does help you sleep better. Whatever the case, make a commitment to read at least 15 minutes every day for the most benefit.

Join a Book Club or Discussion Group

Sometimes it helps to meet with others who are reading the same book for two reasons. First, by having a set date to finish your book, you're more likely to commit to reading. Second, a lively book discussion will help you to see things you might not have noticed in your reading on your own, taking you to new levels of understanding.

Link Your Reading to Other Goals

Want to travel around the world someday? Read books about faraway places. Trying to win at playing the stock market? Look for some inspirational books about people who've done it. Linking books to goals can be a powerful experience on many levels.

Stop Multi-Tasking



One of the biggest mistakes people make is thinking they can get everything done at once. The problem is, our society has taught us how to run in all directions at once and call it being 'productive.' In truth, you're really not accomplishing anything near what you think you are.

What Can I Gain from Single-tasking?

When you give up the idea of multi-tasking and switch out to single-tasking, your entire world will change. The idea here is to focus on just one thing at a time. This intensity of attention will get far more done than you ever did when you thought you were doing it all. Check out these benefits:

You Don't Burn Out

When you're multitasking, you spend so much energy in getting things done, it's no surprise when you feel like you can't go another step. Sooner or later you hit a wall and that's it. You can't go another step.

No Distractions

With multi-tasking, you're used to paying attention to everything at once, which is why it's so hard to keep your attention on what you're doing. You get so much more done when you can focus without distractions.

You Become More Disciplined

Wow, this laser-focus is good for you in this regard. You really will become good at putting

your all into one thing at a time and not allowing anything to stop you until you're done. This kind of self-discipline will come in handy in other capacities down the road.

You Get More Done

By far this is the biggest benefit of all. The more you single-task, the more you get done. Don't believe it? Studies have proven it over and over. Try it for yourself and you'll see just how productive you can be.

How Can I Get Started?

Like everything else in this book, single-tasking is really very easy and relatively painless to begin. You simply need to focus on doing one thing at a time. If this seems a little daunting or you find yourself becoming distracted you can try these quick tips to get you on track:

Remove Whatever Distracts You

This will be the biggest problem until you get used to focusing on what you need to do. Turn off the phone, remove extra items from your desk, do whatever it takes to clear the deck of distractions so you can jump in and get things done.

Use Your Timer

You're going to want to start off with baby-steps until you get used to this idea, so use a timer to get started. Begin with telling yourself you're going to focus for however long, set your timer and get started. Begin with 5 or 10 minutes at first and build from there as you get used to the idea. You will find it easier to focus for longer periods as time goes by so don't worry if you need to start super small initially. You'll build up to longer sessions very quickly.

Take Breaks

Whenever your timer goes 'ding' it's time for a break. Get up, move around, and grab a drink of water before going back into it. The breaks will help you to focus better when it's time to sit down again.

Practice Kindness

It really takes so little to be kind. This is perhaps one of the most important items listed in this book because while it works to help change your life, it also changes someone else's. An act of kindness has the ability to change everything. Are you ready to leave a lasting impact on the world?

What Can I Gain From Practicing Kindness?

Kindness comes back around you in various ways.

The Physical Effect

First and foremost, it has a serious physical effect on your own body. When you do something nice for someone else, you first experience a rush of good feelings from having done the deed. While this alone is pretty nice, this act also throws some serotonin in your brain which is a chemical responsible for feeling good. It also puts oxytocin through your body, which lowers your heart rate, and finishes off with an increased boost to your health. Did you know people who give to others on a regular basis live longer?

The Mental Effect

When you're kind to others, you're going to remember the good feelings having done a good thing for some time to come. In a study from Berkeley, happiness has been known to linger for days.

The Effect Multiplied

The nice thing about kindness is how it



encourages others to be kind in a sort of ripple effect. Don't believe it? Think how good you felt after someone was kind to you. Studies show, people who have been treated kindly tend to go on and treat others kindly.

How Can I Get Started?

It's a fairly straightforward, and again, simple thing to do to start being kind. Mostly it's about hunting for opportunities to do something nice. Some ideas:

- Pay it forward at your favorite coffee place by paying for the person behind you.
- Hold a door open for someone.
- Give a genuine compliment to the next person you meet.
- Take an interest in what someone else has to say.
- Shop for someone who has a hard time getting out.
- Volunteer at your favorite charity.
- Shovel the neighbor's walk when you do your own.

...the ideas are endless!

Conclusion



There isn't a thing in this book which should take you long to do. Don't believe it? Flip back through the pages and look again. I'll wait.

Sure, there's a couple of ideas here which might take a little longer to set up. You're probably going to want to put a couple hours of thought into setting goals or creating a morning routine, or in getting started on a couple other things from this list. But in the end, the actual doing won't take you long at all. In fact, the more you make these ideas into habits, the less you'll notice you're doing them at all.

Small changes are amazing this way. They get under your skin and the next thing you know you're there.

- You have a more positive attitude.
- You have great people around you.
- You're clearer-headed because you've been journaling regularly.
- You're out and about, enjoying walking to the fullest.
- Your morning routine launches you right into the day.
- You're happy with who you are.
- You're reading more.
- You're getting more done.
- And you're even seeing to the well-being of those around you.

This is life at its very best, tweaks done so painlessly you won't even feel them. You'll see the outcome though, which is more important.

Sounds pretty good, doesn't it? Let's get started.