

**Title:** It's The Little Things

**Subject:** Ten Painless Tweaks That Can Change Your Life

**Brief Synopsis:**

*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.*

## The Wonders of Incremental Change

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 require less of a leap.

## The Little Things

### Develop Positive Thinking

- ✓ Pay attention to your self-talk and correct it when you can
- ✓ Notice positivity
- ✓ Even when it seems negative, find a positive outcome

### Spend More Time with Supportive People

- ✓ Find people that share your interests
- ✓ Hang out with positive people
- ✓ Find a mentor

## Start Journaling

- ✓ Find a comfortable place to write
- ✓ Start small
- ✓ Make it a regular habit

## Take a Walk Every Day

- ✓ Get out as often as possible
- ✓ Try regularly increasing your speed
- ✓ Find new and exciting places to walk

## Establish a Morning Routine

- ✓ 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?

## Start Setting Goals

- ✓ What do you want to accomplish?
- ✓ Brainstorm everything you want to accomplish
- ✓ **Specific, Measurable, Achievable, Relevant, Timed**

## Accept Who You Are

- ✓ First, accept yourself!
- ✓ Ignore your fears and inner critic
- ✓ Embrace who you really are

## Read More

- ✓ Choose an interest
- ✓ Read regularly
- ✓ Join a book club

## Stop Multi-Tasking

- ✓ Remove your distractions
- ✓ Take regular breaks
- ✓ Learn to say “no” more often

## Practice Kindness

- ✓ Hold a door open for someone
- ✓ Pay it forward at your favorite coffee place by paying for the person behind you
- ✓ Give a genuine compliment to the next person you meet