

Small daily changes lead to huge results

Small daily changes lead to huge results.

Given enough time, small changes yield huge results. The Grand Canyon was created by a river over millions of years. Ocean waves created the sand on the beach from boulders.

Likewise, small actions taken repeatedly can have a monumental impact in my life if I am consistent and patient.

I can speed up my positive results by doing just a little bit better each day. If I am just a little bit better today than I was yesterday, I eventually see great results in my life.

A small improvement in my behavior becomes a large improvement in a short time. This puts my life on the fast track to success.

I take comfort in knowing that it is unnecessary to make a major change all at once. It is much easier to only change a little each day. A small change is simple for me. **Small changes are free of stress.** Small changes are easy to maintain.

When I think about how much I can

accomplish over the course of my lifetime if only I make a couple of tiny changes each day, I become excited about the future.

Today, I am committed to making small changes in my life. **I am also committing to doing even better tomorrow by a tiny amount.** Small daily changes lead to huge results.

Self-Reflection Questions:

1. What are three small changes I can make each day that will brighten my future?
2. What are three small changes I wish I had made 10 years ago?
3. How do I feel when I think about making a major change? How do I feel when I think about making a tiny change?

