

Incremental change is exactly as it sounds; small, modular change that takes place slowly over time, and allows for a gradual development. Getting one percent better isn't going to make headlines. There is one thing about it though: it works. We underestimate the value of small daily decisions. It is the small daily decisions over time that create change. There's no such thing as gifted piano player, heart surgeon, or anyone that's at the top of their field. This happens by incremental improvement and change every single day. If you get one percent better each day for one year, you'll end up thirty-seven times better by the time you're done.

1% BETTER EVERY DAY

$$1.01^{365} = 37.78$$

In the beginning, there is basically no difference between making a choice that is 1 percent better or 1 percent worse. (In other words, it won't impact you very much today.) But as time goes on, these small improvements or declines compound and you suddenly find a very big gap between people who make slightly better decisions on a daily basis versus those who don't. This is why small choices don't make much of a difference at the time but add up over the long-term. There's no such thing as a big win without a small without 1000 small wins first. You must win the daily battles, or you will never win in the long run. Incremental change leads to monumental results.