

## Baby Steps & Mini Habits

Ask yourself, what is the smallest thing I can do today that helps me reach my goal?

You have to inch toward that Golden Goal...

One choice at a time

One baby step at a time

One day at a time

### Introducing... Mini Habits

People so often think that **they** are the reason they can't achieve lasting change; but the problem isn't with them—it's with **their strategy**.



**Mini habits** help you achieve great things without the guilt, intimidation, and repeated failure associated with only having a big-goal strategies.

A mini habit is a very small positive behaviour that you enforce every day.

No Matter What.

What makes it deceptively powerful, and a superior habit-building strategy is that a mini habit is "too small to fail".

Slowly but surely you begin to develop a winning self image and a new habit that can grow like Topsy.

What daily STUPID-SMALL MINI GOAL can you set to keep you going for 30 days?

Stephen Guise says:

*"I talk about doing just **one push-up** every day. A single push-up!*

*It's almost too easy, right? But you do it, and because you're already face-down on the ground, you will probably do more.*

*And that's how such a small, seemingly insignificant action can grow to make big changes in your life."*

Example: **Write 50 words for a book**

Do this every day without fail. (Holidays and Sick days are allowed!) Some days you will want to write more. Eventually you will have chapters done and in time the whole book.

The cultivation of small wins or mini-habits can propel you to bigger success.

*"Smaller Habits, Bigger Results"* to quote Stephen Guise.



In terms of neuroscience:

Each time we **fail**, the brain is drained of dopamine making it not only hard to concentrate but also difficult to learn from what went wrong.

But when you achieve even a **stupid-small mini goal** the brain responds with a winning dopamine flow into the brain's reward pathway (the part responsible for pleasure, learning and motivation).

### “Don’t Break the Chain”

Years ago, millionaire comedian **Jerry Seinfeld** shared the biggest secret of his prolific success. Each January, he would hang a year-at-a-glance calendar on a prominent wall of his office, and for every day that he wrote new material, he marked a big “X” over that date. After a few days, a chain of Xs formed. The goal was to NOT break the chain, and write every single day for an entire year.

Read the full story – and download your own FREE *Don’t Break the Chain* template - here:

<http://www.writersstore.com/dont-break-the-chain-jerry-seinfeld/>

Now it’s over to you. Show up every day – do your mini habit commitment – e.g. write 100 words for your blog post or book - then put a big red **X on your calendar for that day ...then the next...and the next X.**

The Xs begin to make a visual CHAIN which you too can vow never to break. A game you play with yourself...with powerful results.

Like this...

<b>DON'T BREAK THE CHAIN</b>											The Writers Store		
<del>4</del>	5	6	7	8	9	10	11	12	13	14	<del>15</del>	<del>16</del>	<del>17</del>
18	19	20	21	22	23	24	25	26	27	28	29	30	31
32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59
60	61	62	63	64	65	66	67	68	69	70	71	72	73

### Win the mile – one inch at a time

“People often get lost thinking they have to change everything all at once,” says Kelly McGonigal, Stanford University psychologist.

**“But small changes can pave the way for bigger changes.”**

Giving you a good chance to achieve your Golden Goal this year...and the next...and the next!