

TogetheriCan

23

January

SLIGHT EDGE - BREAKING IT DOWN

Let's Break Slight Edge Down into Pieces

Do you think you could improve yourself – your health, your knowledge, your skills, your diet, your relationships, whatever part of life you want to look at – just **3/10 of 1% every day?**
That's a **.003 improvement – a very slight edge** – every day.

At the end of the second day your improvement will be .006 and the next day .009 – almost 1%.

By the end of the year, you will have improved by 100%.

You will be twice what you are today – twice as fit, twice as wealthy, twice as skilled, twice as happy, twice as thin.

How could you possibly accomplish this? By trying twice as hard? Working twice as many hours? Having twice as positive an attitude?

No – by just improving 3/10 of 1% at a time.

Greatness is not something predetermined, predestined, or carved into your fate by forces beyond your control.

Greatness is always in the moment of decision and decisions happen in the moment. Not in the past or in the future, only in the NOW.

Good health isn't an accident, and poor health isn't a stroke of bad luck.

We've all gotten to where we are today the exact same way: The Slight Edge.

Slight Edge is either working for us or working against us.

A cure is not around the corner. The cure is right here, under our noses and on our plates. The solution already exists: **The power of daily actions, compounded over time.** That is the magic of the slight edge.

No matter in what area in life or work or play – **the difference between winning and losing, the gap that separate success and failure, is so slight, so subtle, most never see it.**

You are **on a journey**, your life path. **That path is a curve.**

You are curving either upward or downward.

The upper curve is the formula for success, a few **Simple Disciplines**, repeated every day.

The lower curve is the formula for failure: a few **Simple Errors in Judgment**, repeated every day.

Time will be your friend or your enemy; it will promote you or expose you. It depends upon which side of the curve you decide to ride. The choice is entirely up to you.

For anything to change, you've got to change.

For things to get better, you've got to get better.

It's easy to do. But it's easy not to do, too.

A predominant state of mind displayed by those people on the failure curve is **blame**.

The predominant state of mind displayed by those people on the success curve is **responsibility**.

Taking responsibility liberates you. When you don't take responsibility, you give away your power.

People on the upper half of the slight edge curve **are the cause of what happens** in their lives.

People who live on the failure curve use the past as a weapon with which they bludgeon themselves and the people around them—living with regrets, recriminations, remorse, and retribution.

You can't change the past. You can change the future.

Would you rather be influenced by something you can't change or by something you can?

If you don't tell the truth (Rigorous Honesty) about where you really are in your life – right now – then you're cheating yourself out of an extraordinary opportunity.

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

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