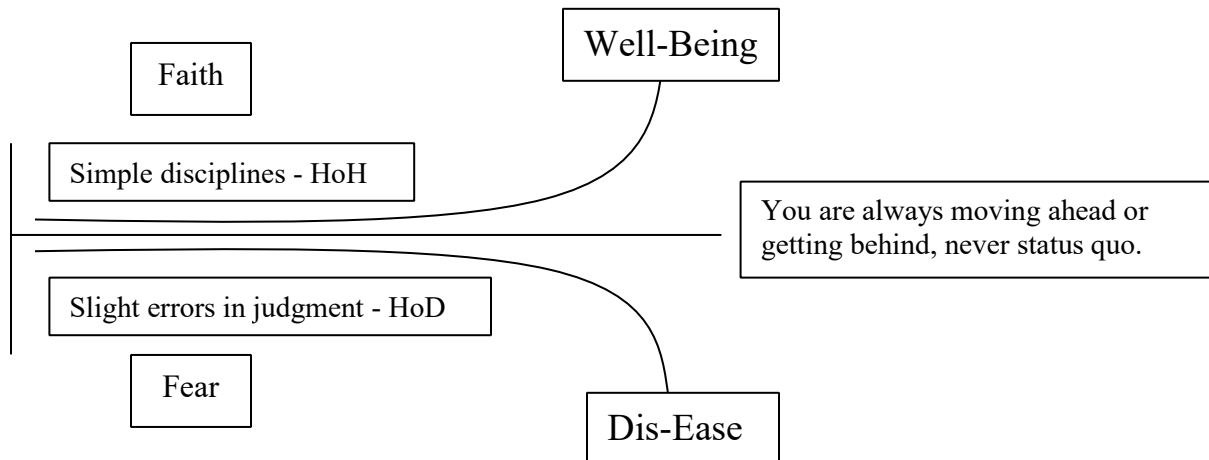


Incrementalism or Slight Edge *a way to Move Ahead in Life*

Slight Edge is a philosophy, that when adhered to, makes it easy to make changes in one's life. It states that there are only two ways to look every decision. Your decision will either take you in a positive or negative direction and you get to chose which way is best for you.



Habits of Health (HoH) – Habits of Dis-Ease (HoD)

First a question; “do you think you could improve yourself – by practicing a “Simple Discipline” pertaining to; 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 is thin.

How could you possibly accomplish this? By trying twice as hard. Nope! By working twice as many hours. Nope! By having twice as positive an attitude.

No – All it would take is practicing a “Simple Discipline” that would allow you to improve 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.

We can make decisions that will benefit us and move us in a positive direction or we can make decisions that will set us back.

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. Whether we are aware of it or not Slight Edge is always in effect.

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, also.

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. What you are doing “right now” in this present moment is creating your 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.

SLIGHT EDGE PRINCIPLES

Suggested Areas for Improvement

***SMALL CHANGES PRACTICED FAITHFULLY OVER A PROLONGED PERIOD OF TIME
WILL***

RESULT IN PROFOUND CHANGES IN YOUR LIFE.

DIET / NUTRITION (BODY)

SUPPLEMENTS / NUTRITION (BODY)

WATER / HYDRATION (BODY)

BREATH / BREATHING (BODY)

ACTIVITY / EXERCISE (BODY)

POSTURE / BODY SYMMETRY (BODY)

EDUCATION / GAINING KNOWLEDGE (MIND)

REST / SLEEP (BODY & MIND)
MEDITATION / LISTENING TO GOD (SPIRITUAL & MENTAL)
PRAYER / TALKING TO GOD (SPIRITUAL)
READING THE WORD / (SPIRITUAL & MENTAL)
SOCIAL CONNECTIONS – ENVIRONMENT (BODY, MIND & SPIRIT)
FINANCIAL (BODY, MIND & SPIRIT)

*YOU ARE A WORK IN PROGRESS THAT NEEDS A LOT OF RAW MATERIALS.
WHERE ARE THEY COMING FROM? HOW WELL ARE YOU PROCESSING THEM?*

*Proverbs 10:17 (BSIF) He who keeps instruction is in the way of life (Simple Disciplines),
But he who refuses correction goes astray. (Slight Errors in Judgement)*

LOOK AT WHERE YOU ARE TODAY. WHERE YOU ARE IS A RESULT OF THE
CHOICES YOU HAVE MADE UP TO THIS POINT IN YOUR LIFE.
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