

Make Small Improvements Daily

A Guide For Success

Personal Development Tips, Tricks and Strategies

Who Doesn't Want To Improve Their Lives?

- Self-help is popular and growing
- **People want to improve**
- Biggest challenge people face is...
- **Trying to do **too much too fast****
- Much better success by taking small steps

What Do You Want To Improve?

- Make a priority list of aspects you want to improve
- **Determine your plan for improvement**
- Example: Improve a skill at work or learn a new one
- **Learn what's involved & then...**
- Map the **small steps** required to accomplish the goal

Don't Fast Track Your Improvements

- Don't try to learn a new skill in 2 days
- **Break up your learning into small...**
- 15-minute chunks
- **Schedule the learning over a few months**
- Colleges use this method because **it works**

Multiple Improvements At The Same Time?

- This is possible, but don't go overboard
- **Make sure current improvements are working...**
- Otherwise you become overwhelmed & may not continue
- **Don't listen to others...**
- Stick to the improvements **you want**

Maintain Momentum

- Don't be too hard on yourself if your quest slips
- **You have a busy life**
- It's a **mindset shift** and...
- **Takes a while to get used to the new ways**

For Success...

- Keep sessions short
- **Make small changes daily**
- Improvements **become habits** and second nature
- **Keep activities small & be successful**

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