

# All it takes is ... A Little Bit Extra



Two weeks into a New Year ... are you still excited about what this year will hold for you and still on track to make it happen? Or have you been tempted and already slipped back into old habits with your New Years Resolution a fuzzy and distant haze? It is still early and there is still a chance to re-ignite the vision & passion if you need to. But before you do why not change the way you have previously attempted to achieve a goal ... that is if you keep finding yourself in the same place over and over again?

## **All-or-nothing will most likely leave you with nothing!**

My personality, for most of my life, has been the all-or-nothing, no-pain-no-gain and go-hard-or-go-home type. Whilst it served me in the short term, what it left me with, over time, was ... nothing! All it did was burn me out, alienate me from others and turn me into an arrogant, stubborn moron! Nothing like a bit of self-loving!! The good news is I have learned and I have changed and I am no longer a moron - my life has improved dramatically in every respect - simply because I learned one basic principle.

Why is it that most people never stick to New Years resolutions and other goals they set? In my opinion it is because they set unrealistic standards for themselves, just like I did. Then when they realise they can't maintain the regime they have set for themselves they give up thinking that they are a failure and will never be able to achieve the outcome they want. Can you relate?

I have seen this play out time and time again in my career in the health & fitness industry. The person who so badly wants to get results and, from nothing, throw themselves into 5-6 days per week of strenuous exercise and then totally change every aspect of their eating. After 1-2 weeks of pain, soreness, fatigue, frustration and cravings they give up and just resign themselves to the fact that they will be overweight and unhealthy forever.



## **Success doesn't happen in a day - it happens day-by-day**

After much of my ignorance and running into brick walls - by trying to achieve my goals in a day - then giving up when I didn't, I learnt one of the

most valuable principles that exist ... and that is, all it takes to achieve success is just a little bit extra - **every day!**

Here are some examples to show you what I mean:

I wanted to be a successful person in my life and career but felt stuck and overwhelmed by what I would need to do. I was encouraged to start reading just 15 minutes per day from self-development books. It sounded too simple, but I did it – within 6 months my life had changed significantly! Think about it; 15 minutes of reading about success every day over 6 months is, in total, 46 hours of reading!!

Do you want to be leaner and healthier? Rather than go all or nothing what if you just walked an extra 10 minutes or 1000 steps per day? Over 12 months that is 365 000 steps or about 300 km (188 miles)! Would that make a difference?

I know there are many people reading this who are, right now, writing a book and may be a bit overwhelmed by the process. What if you just wrote an extra 100 words per day? Over 12 months that is 36 500 words – or another book!!!

I am always thinking about how I can have a better relationship with my wife, Laura. It really started to improve dramatically when I got into the habit of hugging her daily and doing just a little bit more around the house.

My strongest encouragement for people who want to have more energy and be leaner is to simply eat something within 30 minutes of getting up every day. This will increase energy, wellbeing and metabolism and cause the body to burn an extra 100 calories per day – that is 36 500 calories which is equivalent to 52 Big Macs!

Get the idea?

### **There is no secret – just do a little extra.**

There is no secret and there is no special talent required to create astronomical success in any area of your life. What you are doing right now is giving you the result that you are currently experiencing – are you happy with that result or would you prefer better? Better? Then just do a little bit extra.



With one of my businesses, I had committed myself to make 5 prospect calls every day to find new associates. It was getting me good results, but I wanted better – how many extra calls did I decide to make per day? Was it 5, was it 10 or more? Neither, it was one - **just one extra call per day** – that is 365 extra calls per year – my business has exploded!!!

What is it for you? What could you do every day that is just a little bit more than you are doing right now? If you continued you to do that little bit extra, every day, over the next 12 months what could happen for you in your life?

Keep it simple, make sure it is maintainable and just do a little bit extra every day and be amazed at the results. Have an **extra** special week.

January 15, 2012