

Most people think small
changes don't matter, but...
They've got it backwards.



/CoryBlumenfeld/

If you're trying to...

- ✗ Write a book this weekend
- ✗ Run a marathon tomorrow
- ✗ Learn coding in a week
- ✗ Get ripped by summer

**Guess what happens?
Yep... you quit.**

Everyone keeps
obsessing over
big changes...

But forget the one
thing that actually
works:

The answer is clear:
1% 1% 1%

**Tiny improvements.
Every single day.**



Here's what 1% better actually looks like:

Read one page

- > Not a whole book
- > Just one page before bed



Here's what 1% better actually looks like:

Walk for 2 minutes

- > Don't worry about the gym yet
- > Walk around the block... that's it



Here's what 1% better actually looks like:

Drink one extra glass of water

- > Not a gallon
- > Just one more than yesterday



Here's what 1% better actually looks like:

Write 50 words

- Not the great american novel
- A few sentences about your day



Here's what 1% better actually looks like:

Take 3 deep breaths

- Skip the hour-long meditation apps
- Just breathe when you feel stressed



Here's what 1% better actually looks like:

Delete one app

- Don't go cold turkey on everything
- Remove the one that wastes most time



Here's what 1% better actually looks like:

Sleep 15 minutes earlier

- > Not a complete schedule overhaul
- > Just move bedtime back a tiny bit



**Because small actions = real progress.
Real progress = lasting change.
Simple math.**

**Your future self is built from
what you do today.**

**So if you're serious about change...
Start smaller.**



/CORYBLUMENFELD/