

The Slight Edge by Jeff Olson

Notes:

- Main Point (Philosophy): **Small, simple practices done daily compound BIG over time!**
- Every decision we make matters and compounds toward positive success or a negative downturn.
- There is no “Quantum Leap!”
- Issue: Everything we need to do to succeed is easy to do. And easy not to do!
- (Positive) *Philosophy* leads to *Attitude* leads to *Decisions* leads to *Actions*.
- The 5 key areas to practice The Slight Edge in:
 - Health
 - Personal Development
 - Relationships
 - Finances
 - Your Life (Its meaning. Your dreams)
- Continuous Learning (Continuous Improvement): “*Plan - Do - Review*”
- [More fully: Plan - Do - Review- Adjust (Course correction) - New Plan - Do - Repeat until Goal is Completed! 1 goal at a time! Completion encourages & alleviates stress]
- A plan is your jumping off point. It will change and improve as you go. And, a plan helps you to complete the final 20%, which few will do.
- Continuous Lifelong learning allows you to build your Life Philosophy.
- “Knowledge without practice is useless. Practice without knowledge is dangerous.” - Confucius
- It is freeing to take full responsibility for your actions & outcomes! (Versus blaming others or circumstances).
- For Dreams to be actualized, one must simply write them down - specifically, vividly, and with a deadline; determine the price I am willing to pay; determine a plan to start; determine one daily discipline (practice) to commit to.

Saturday, May 23, 2015

Personal Examples	
Health	Slow my eating at each meal by 5 min; Train Daily
Personal Development	Read 5 pages/day; Listen 15 min/day
Relationships	One affirmation or sincere "I Love you!" per day
Finances	Save \$10/Day
Life/Dreams	Dream with Suz weekly until 1-2 become clear