



Adventure Message # 3

Small change ...take control

Despite incredible advances in technology, teleportation still isn't a thing. We can't step into a machine and step out in a particular destination seconds later. We still have to make the journey to get where we want to go. This Adventure is no different. We can't teleport out of our current life circumstances, as much as we might like to from time to time. Instead, we must make the journey.

And as the saying goes, all journeys begin with a single step. This journey's first step is making a single, small, positive change in your life. You've probably gotten to this point in the workbook by now, so we're sure this challenge sounds familiar. Choose something simple and small. Something that takes little time or effort to implement in your everyday life.

There's a reason we keep it small here. It's not because you're not capable of so much more. It's because we're building momentum. You need to start small so you can snowball into something truly life-changing. Start with a win you know you can achieve. Something that doesn't take any additional skills or training, something that you always tell yourself you should do but don't because even though you know it's easy to do, it's just the slightest bit easier *not* to.

Still stumped? Here are a few we've seen work well in the past:

- Floss in the morning
- Drink 8, 8oz glasses of water
- Say hello to the receptionist
- Spend 20 minutes reading something that excites you

See? We really meant small and easy.

If you're approaching this entire journey with the enthusiasm and excitement we hope you are, you're likely to want to jump ahead. To bite off more than we're asking you to chew. We urge you to really look at the rules we've laid down here. It will serve you well as we build on it in the future. The small change is just the first step. The very first. We promise there will be time for running full-speed later. For now, walk with us.

We committed that we own our reality and are in control of our lives. This is the first step to demonstrate that to ourselves that we have that control. We are proving to ourselves that we can make changes, and as we will learn as we go on to our big goals, those will be attained by small disciplined steps along the way.

As you start building momentum with your small change, watch out for speedbumps and setbacks. The first couple of days will be easy, but by the time you hit day 5 or 6, life might get a little rockier, your routine might get shaken up, or you might be having a particularly difficult day. This is when it's easy to forget about your small change, or talk yourself into skipping a day.

Turning that small change into a habit will take at least three weeks. You should approach your small change with intention every single day whether it's day 1 or day 791, but those first three weeks (21 days, specifically) are critical.

Not sure if you're going to be able to remember and follow through all on your own? Set reminders on your phone, call on a friend to hold you accountable, put sticky notes all around your home. Do whatever you need to do to make sure you take this small change seriously. It's the first building block for much larger changes coming.

If (and when, if we're allowing ourselves to be human here) you miss a day, don't beat yourself up! Instead, get right back on track the following day. Success isn't finite. If you manage to accomplish your small change 20 out of 21 days (or 15 out of 21 days), that's still an astonishing success. It's proof that you can commit, you can make this change, and other changes as we progress through this Adventure together.

Look, we get it. You didn't come here to floss your teeth or drink more water (even though both are great habits). But it's important to do something you have complete control over, without investing more money or learning a new skill, to lay a foundation. To prove to yourself that you have the control and discipline necessary to take control of your life even in small ways. Brick by brick, entire empires are built. We're laying the first brick today.