

DO IT FOR A DAY

DAY 18 – DO IT SMALL

Little by little I will drive them out.

Exodus 23:30

The technical term is "gait analysis," and the goal is to help athletes move more efficiently and effectively.

A key component of self-leadership is self-assessment. We have to do our own gait analysis. **How do we do it?** Referring to the three-step cycle that we continue to review: →**identify the impulse**, →**interrupt the pattern and** →**imagine the reward**. but we can deconstruct the cycle of a habit if we know what we want.

If that helps you, do a SWOT analysis. It is often used in organizations for the purpose of strategic planning, but it also works with individuals.

SWOT stands for Strengths, Weaknesses, Opportunities, and Threats. A SWOT analysis can help you reverse-engineer the habit cycle.

Just like a stop loss order in the world of finance, you need to guard against aggravating mistakes. Of course the reverse is also true. You have to turn small wins into winning streaks by repeating them over and over again.

If you were to do a regression analysis of your habits, what would it reveal? For better or worse, **our smallest habits are the ones that can cause a chain reaction**. You don't have to make very significant changes; You just need to identify the small habits that have high leverage: **domino habits**.

When it comes to imagining the prize, you have to play the whole game to the end. In other words, there is no finish line. It is the Japanese concept of kaizen: an unconditional commitment to continuous improvement. It is about improving a little every day in every way possible. **That mindset is the key to every habit: do it little by little.**

There is an expression made up of three words that is found in the book of Exodus and that produces a mixture of emotions in me. "*I will evict them little by little*" God said "*until you are strong enough to take possession of the land*".³ Did you catch it? "Little by little."

“Let's go through the scene and I'll explain the reason for my mixed emotions. The Israelites were about to possess the Promised Land, but that would not come on a silver platter. God told them that they would have to sow if they wanted to reap, dig wells if they wanted to drink from them, and build the houses they wanted to live in. **It is the law of measure over and over again. You will get what you put in, nothing more and nothing less.**

It is the routine of excellence. I repeat, if you do little things as if they were big, God will do big things as if they were small.

Do you remember day 2? Harder is better!

And on day 3? Slower is faster!

What about day 5? Smaller is bigger! “God will make great things as if they were small.

When we talk about creating and breaking habits, those are the subplot. The process will be harder than you expect and longer than you would like. Simply put: it will happen little by little. This is how God grows us, promotes us, and often heals us as well.

I am certainly not suggesting that God cannot deliver you in a single day. He can do more in a day than you could accomplish in a thousand lifetimes. He can do it as simply as he changed water into wine. But more often, liberation is a process. More specifically, a three-step process called the circle of habit. Even if God released you in a day, you would have to be able to sustain that release with daily habits.

The goal is not the goal. The goal is the process

I believe in God-sized goals, in going after goals that would be impossible without divine intervention, but the goal is not getting there: it's what you become in the process. God uses big dreams to build great people. Why? To keep us on our knees! Thus he forces us to exercise faith, he makes us make sacrifices.

Yes, you have to identify the goals that you are going to pursue. But then you have to reverse engineer them and turn them into little wins that help you get there. That is the way to build a suspension bridge into the future. The larger the goal, the more attention you will need to pay to detail.

After retiring from a life as a coach, **John Wooden was asked what he missed the most.** I'll give you a hint: it wasn't the matches. It wasn't the trophies or the championships. I loved this one word answer: **"train"**.

There is an old saying that practice makes perfect. It's not false, but it's not completely true either. You have to practice the right way. That brings us to the equation we presented on Day 3:

“Deliberate Practice + Desirable Difficulty = Durable Learning

Just as you have to do the right thing for the right reasons, you also have to do it the right way. That is the way of Jesus.

During his illustrious career as a composer, Johann Sebastian Bach wrote 256 cantatas. Three of them made the list of the 50 greatest pieces of classical music, which puts them right after Mozart and Beethoven. Bach is no longer invited to weddings, but he always gets in on the parties. I eat? **“Jesu, Joy of a Man’s Desiring”** it is still the most played piece of music in traditional ceremonies.

Do you have any idea how Bach composed all those cantatas? One note at a time! I know this is starting to sound like a broken record, but it's intentional. It is the routine of excellence applied to music.

After completing those compositions, Bach would write three letters on the margin of the score: SDG. Those three letters represented the Latin phrases **sol** **Deo** **gloria**, or **“to God alone glory”**. That was one of the claims of the Protestant Reformation, but Bach used it as a means of giving credit where credit is due.

The prize was the glory of God!”

HOW DO I MAKE IT A HABIT?

Start Small

Go ahead and dream big, but you have to start small and think long term. You have to fly the kite a little higher, a little further each day. Over time, the ceiling will become the floor.

Do you remember the law of measure? **If you want to outwit the system, you'll end up outwitting yourself.** If you take shortcuts, you are undermining your own success and changing the glory of God. The way you create a habit is by not allowing yourself any traps or loopholes.”

How's your habit going?

Is it still measurable, meaningful and sustainable?

Have you applied reverse engineering little by little?

You have to turn those life goals into daily habits.

What is one small step you have to take today to make that progress little by little

For marathon monks, it was circling Mount Hiei every day.

For me, it was reading three thousand books before writing one.

Do it small!”

Excerpt From

Do it for a day: How to create or break any habit in 30 days / Do It For A Day: How to Make or Break Any Habit in 3

Mark Batterson