

The Law of Marginal Gains



The principle that small incremental improvements in any process or area of endeavour amount to a significant improvement when they are all added together. Consider the compounding effect of small percentage improvements in habits and decisions. **What are the 1% improvements you can make in your life?**

- Minimise interruptions and don't interrupt yourself.
- Establish routines.
- Take charge of your mornings – give yourself 10 minutes to settle in, then get going.
- Create a to-do list each night.
- Tackle your dreaded "must do" first.
- Complete similar tasks in batches.
- Set mini deadlines – pace yourself better.
- Try not to handle a piece of paper more than once.
- Set achievable goals – break big jobs into small chunks.
- Drop, decrease or delegate.
- Plan into your day at least one work activity that you enjoy.
- Drink a glass of water first thing in the morning.
- Put a glass or bottle of water on your desk.
- Do not eat any junk food after 7pm.
- Remove all junk food from your cupboards, or put at the back of the cupboard.
- Do a 10 minute morning workout three times a week.
- Take 5 minutes to tidy your desk each Friday afternoon.
- Stand up and stretch once an hour.
- Go for a 20 minute walk twice a week.
- Create a routine at bedtime that involves 15 minutes away from TV's, laptops and phones before bed.
- Diarise birthdays, anniversaries and special occasions.
- Reflect at the end of the day on some of the achievements of the day.
- On your way to work, count your blessings.
- Schedule a once-a-month catch up with friends.
- Read two technical articles a week.
- Go to bed 20 minutes earlier.
- Get up 15 minutes earlier.
- Eat only when hungry.
- Complete any old unfinished tasks.
- Acknowledge mistakes immediately and learn from them.
- Stop buying stuff you don't need.
- Get up the same time each morning.
- Plan healthy snacks: nuts, fruit, boiled eggs.
- Avoid processed food made with flour and sugar.
- Before you get up in the morning, be grateful for the people you love.
- Tell the truth about yourself and your life.
- Find meaning in the ordinary.
- Be present when engaging with others.
- Get at least 7 hours sleep each night.
- Visualise your own success. This will keep you focused and motivated.
- Take time to recharge.
- If a particular job keeps finding its way to the bottom of your list, just do it or drop it.
- Slow down. Faster doesn't mean better.
- Do one chore per day, reducing the load on the weekend.
- Reduce the clutter in your life.
- Meditate for 5 minutes each day.
- Ask for help when you need it.
- Put things back in their place after using.
- Stop multi-tasking. Do one thing at a time.
- Create a savings goal and stick to it.
- Sit and stand up straighter.
- Spend 30 minutes each day doing something you love.
- When you get home, make the first thing you say something friendly.
- Stop complaining for a week.
- When you think of something you need to do, make a note of it.
- Talk less, listen more. And listen much more than you talk.
- Let go of the little things.

What do you want to change or do better?
Find five different 1% improvements you could make.



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