

1% BETTER EVERY DAY

RULE

MAKE JUST ONE SMALL IMPROVEMENT EACH DAY - WHETHER IT'S A GOOD HABIT YOU'RE CULTIVATING, A NEW SKILL YOU'RE ACQUIRING, OR A POSITIVE CHANGE IN ANY ASPECT OF YOUR LIFE - AND OVER TIME, THESE SMALL CHANGES WILL ADD UP TO A HUGE TRANSFORMATION. GETTING BETTER 1% EVERY DAY OVER THE COURSE OF 365 DAYS WILL RESULT IN A 37% IMPROVEMENT OVERALL.



Better Self Help For The Rest Of Us

Dr. Sarah Brewer, Molly Siple



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