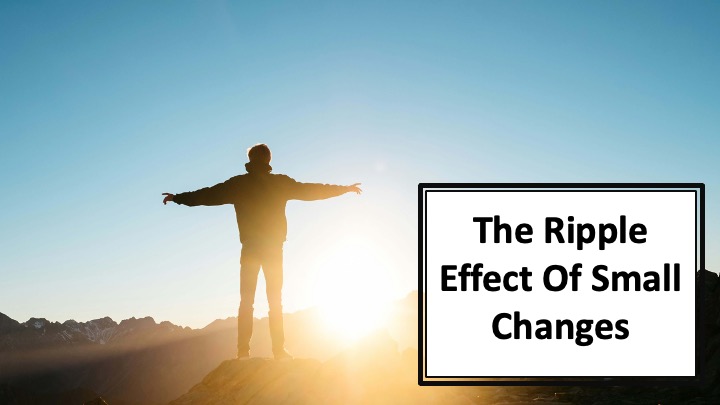
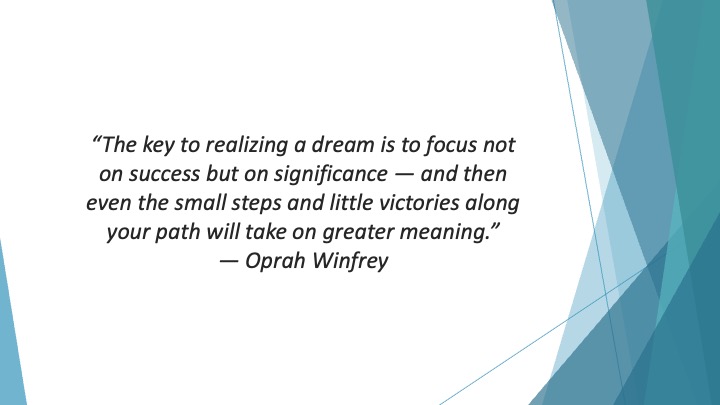
**Chapter 2: The Ripple Effect of Small Changes**

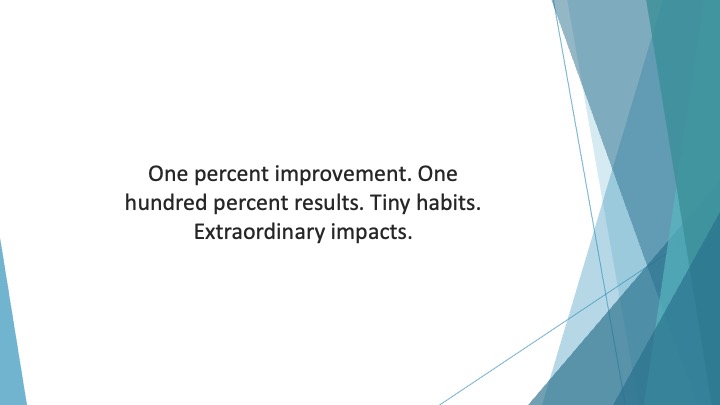
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**S1** : In this video, we’ll talk about “The Ripple Effect of Small Changes”

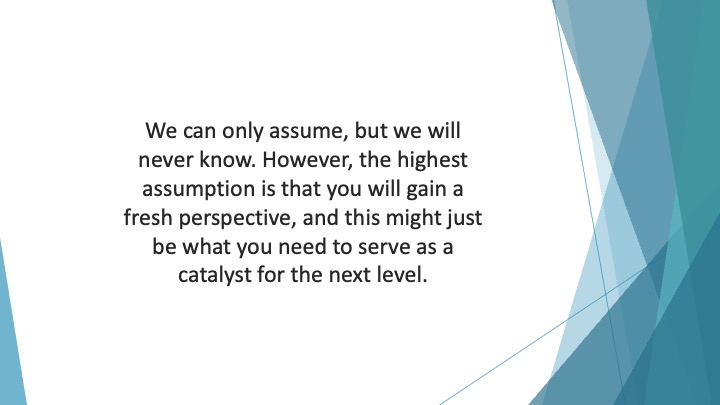


**S2 :** “The key to realizing a dream is to focus not on success but on significance — and then even the small steps and little victories along your path will take on greater meaning.”

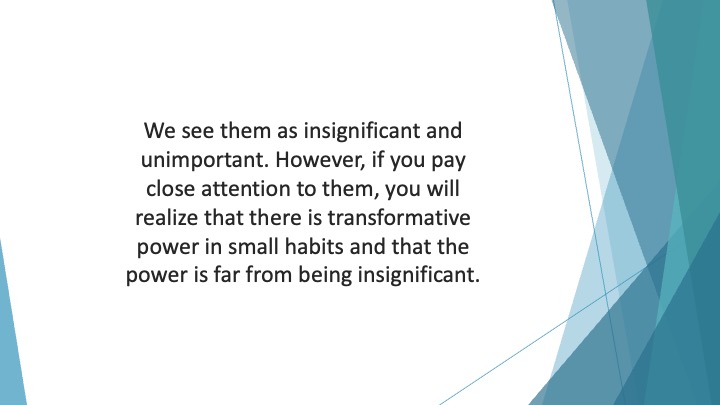
― Oprah Winfrey



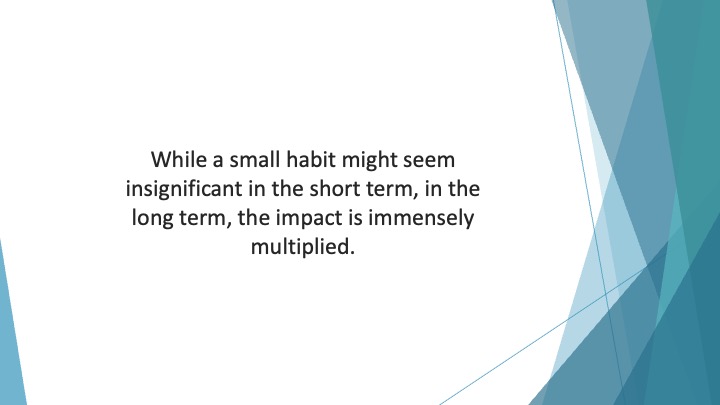
**S3** : One percent improvement. One hundred percent results. Tiny habits. Extraordinary impacts. The moment you bought this video course, there was a ripple set in motion. What will that effect be?



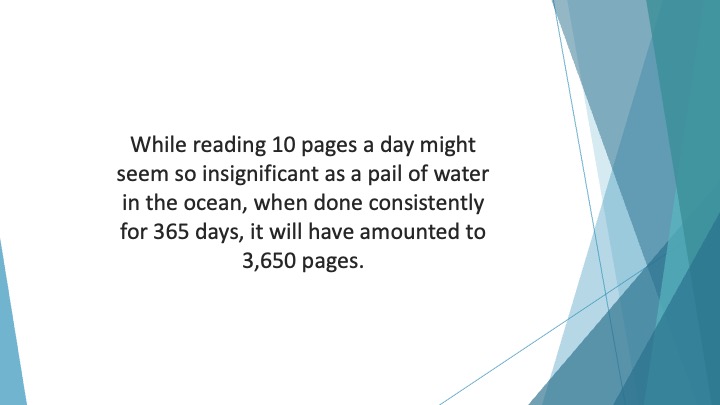
**S4** : We can only assume, but we will never know. However, the highest assumption is that you will gain a fresh perspective, and this might just be what you need to serve as a catalyst for the next level.



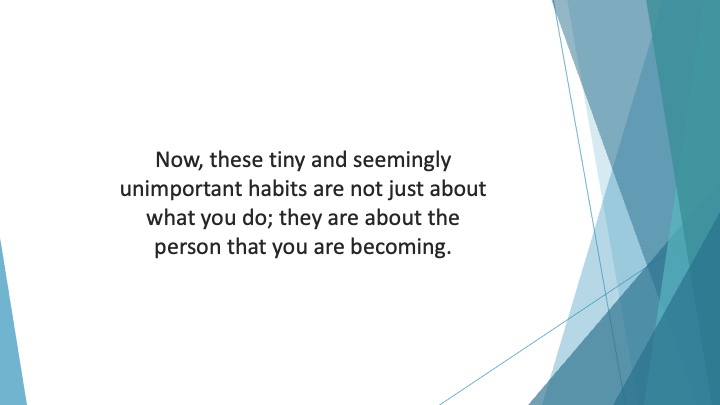
**S5 :** We oftentimes overlook the power of tiny habits. We see them as insignificant and unimportant. However, if you pay close attention to them, you will realize that there is transformative power in small habits and that the power is far from being insignificant.



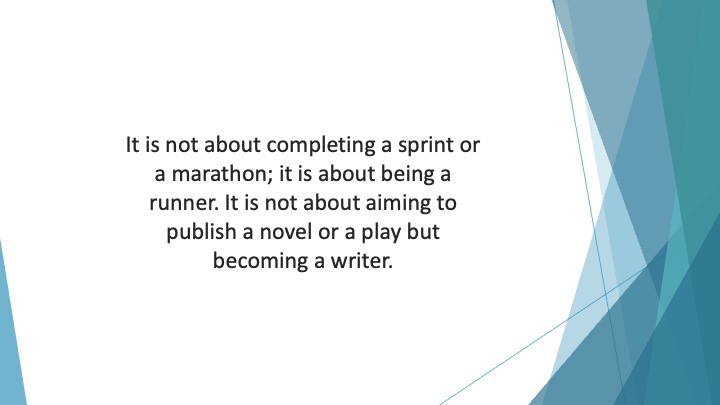
**S6 :** While a small habit might seem insignificant in the short term, in the long term, the impact is immensely multiplied. Tiny drops of water consistently make a mighty ocean.



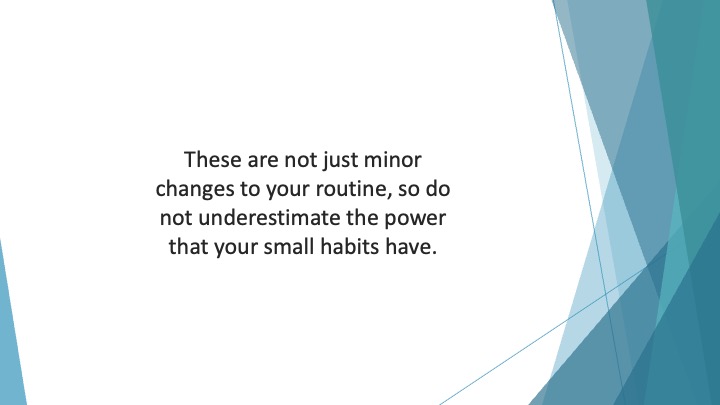
**S7 :** While reading 10 pages a day might seem so insignificant as a pail of water in the ocean, when done consistently for 365 days, it will have amounted to 3,650 pages.



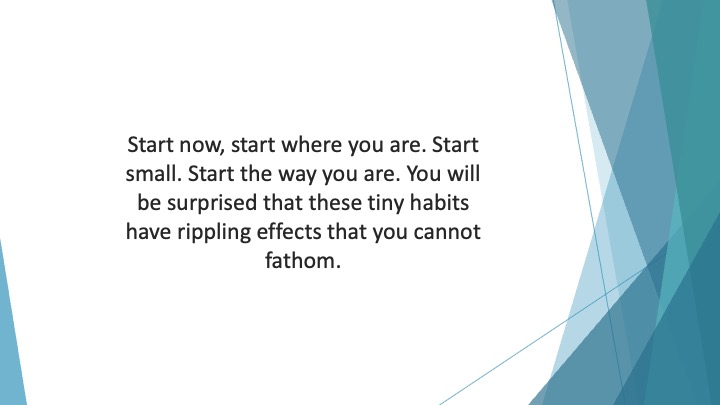
**S8 :** Now, these tiny and seemingly unimportant habits are not just about what you do; they are about the person that you are becoming. A person who never underestimates the power of consistent, persistent, and daily improvement.



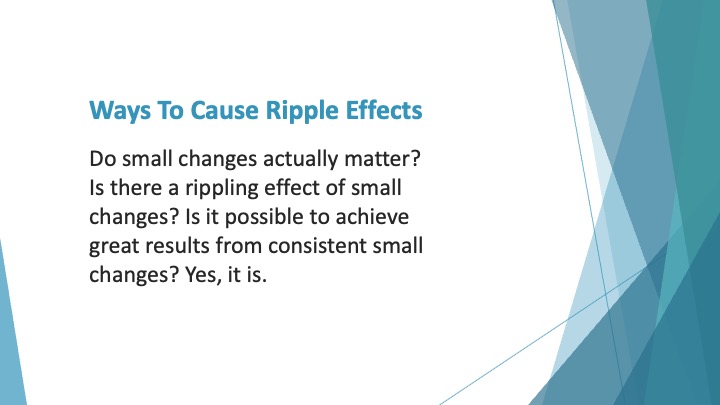
**S9 :** It is not about completing a sprint or a marathon; it is about being a runner. It is not about aiming to publish a novel or a play but becoming a writer. The moment you focus on your habits that are based on your identity, you are not just changing the things that you do; you are changing who you are.



**S10 :** These are not just minor changes to your routine, so do not underestimate the power that your small habits have. With time, they become the stepping stones to the you that you aspire to be.

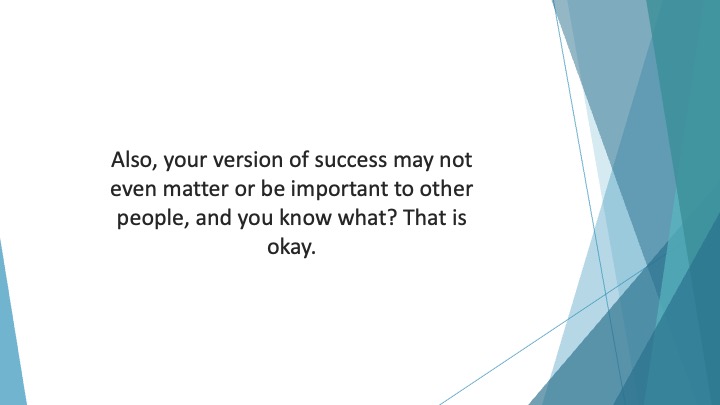
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**S11 :** Start now, start where you are. Start small. Start the way you are. You will be surprised that these tiny habits have rippling effects that you cannot fathom.

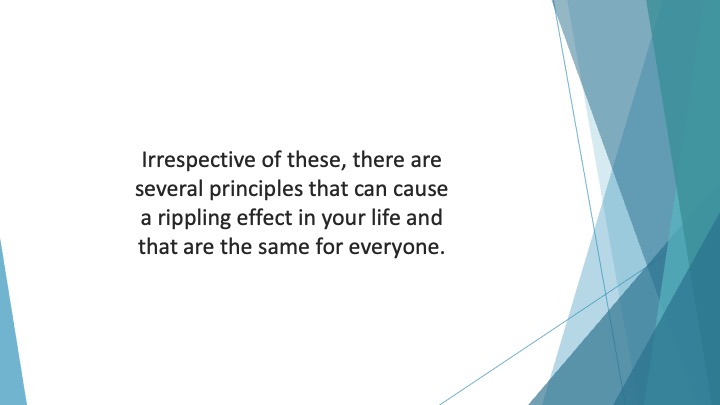


**S12 :** Ways To Cause Ripple Effects

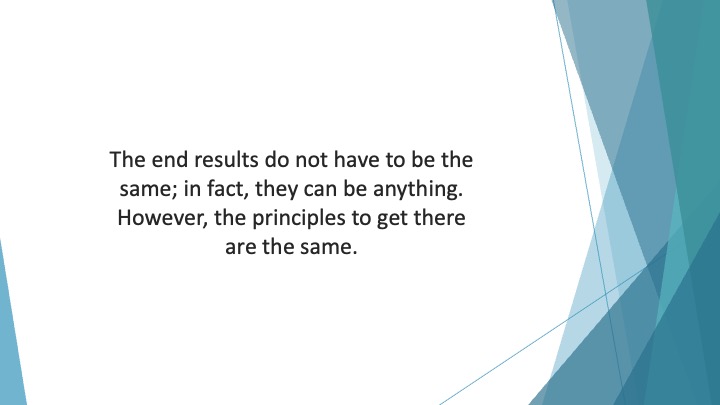
Do small changes actually matter? Is there a rippling effect of small changes? Is it possible to achieve great results from consistent small changes? Yes, it is. For a lot of people, extraordinary looks really different.



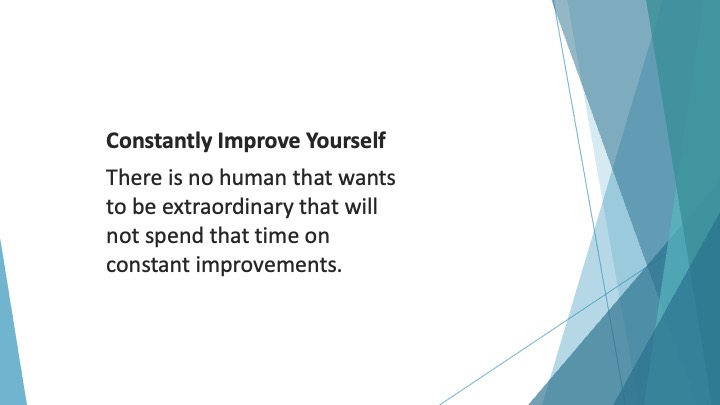
**S13 :** Also, your version of success may not even matter or be important to other people, and you know what? That is okay. Your end goal and that of others were never meant to look the same.



**S14 :** Irrespective of these, there are several principles that can cause a rippling effect in your life and that are the same for everyone. Once you follow these principles and not bypass them, then you are said to have harnessed one of the many foundations of the 1 percent.

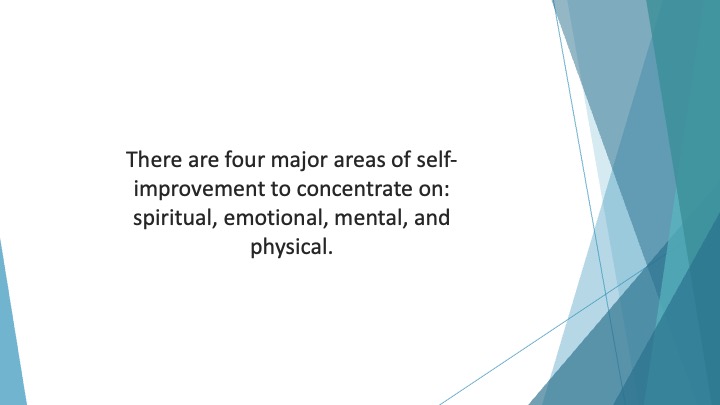


**S15 :** The end results do not have to be the same; in fact, they can be anything. However, the principles to get there are the same.

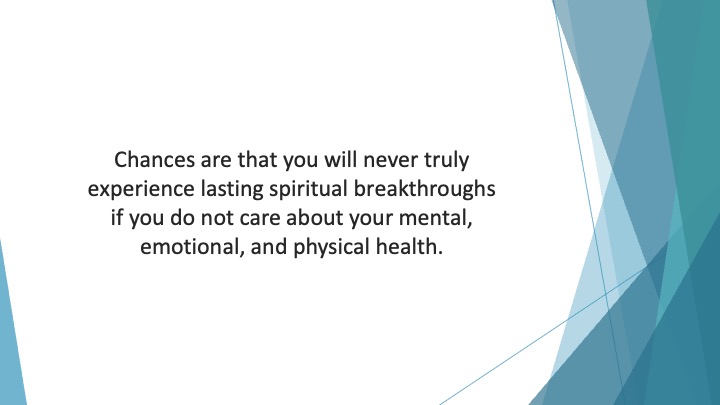


**S16 :** Constantly Improve Yourself

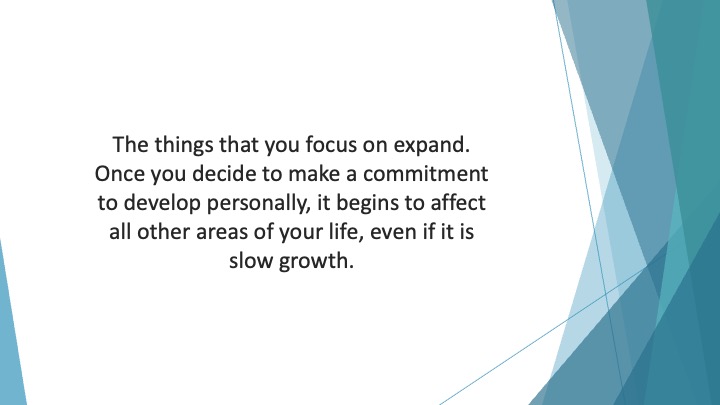
There is no human that wants to be extraordinary that will not spend that time on constant improvements. It is highly impossible.



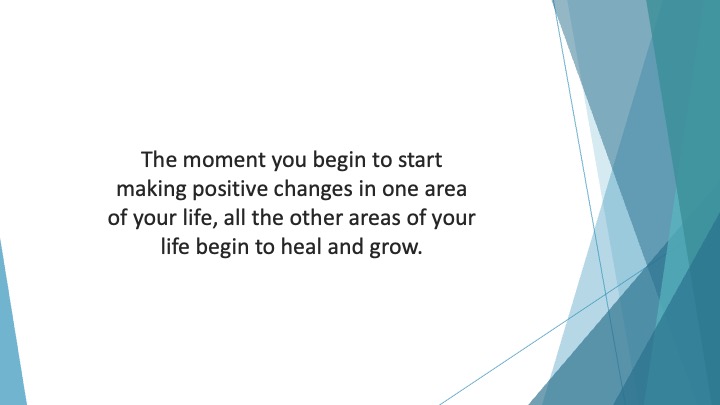
**S17 :** There are four major areas of self-improvement to concentrate on: spiritual, emotional, mental, and physical. Now, it is extremely difficult to achieve true success in one area while ignoring the other areas.



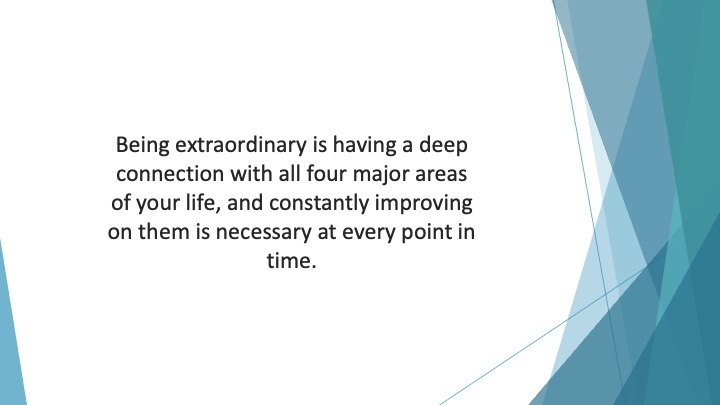
**S18 :** Chances are that you will never truly experience lasting spiritual breakthroughs if you do not care about your mental, emotional, and physical health. Also, it is highly unlikely for you to cultivate extraordinary mental habits if you continue to engage in non-profiting physical and emotional relationships.



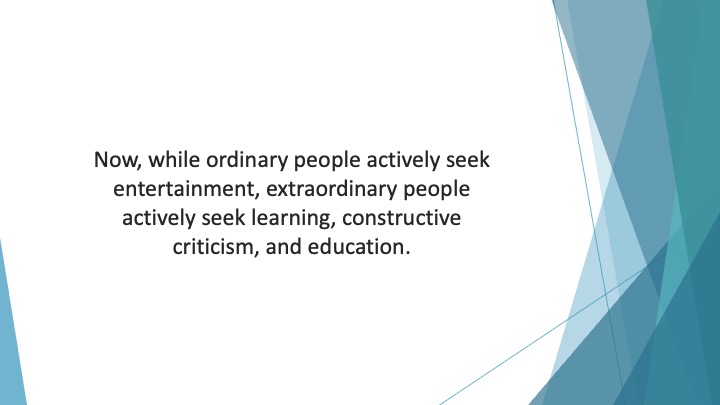
**S19 :** The things that you focus on expand. Once you decide to make a commitment to develop personally, it begins to affect all other areas of your life, even if it is slow growth. You have heard that it is how you do one thing that you do everything, and that is rightly so.



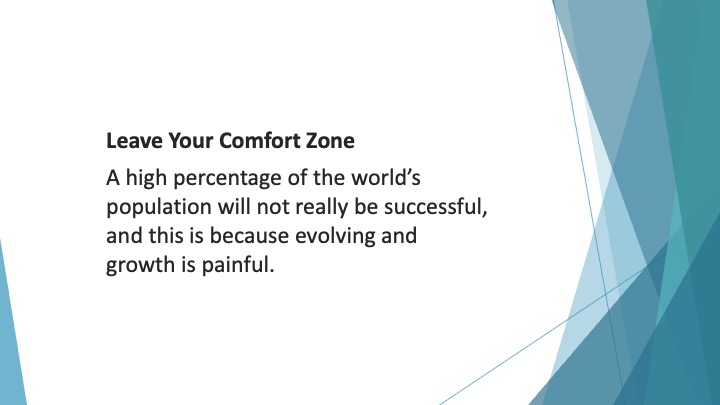
**S20 :**  The moment you begin to start making positive changes in one area of your life, all the other areas of your life begin to heal and grow.

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**S21 :** That is the ripple effect of becoming extraordinary. Being extraordinary is having a deep connection with all four major areas of your life, and constantly improving on them is necessary at every point in time.

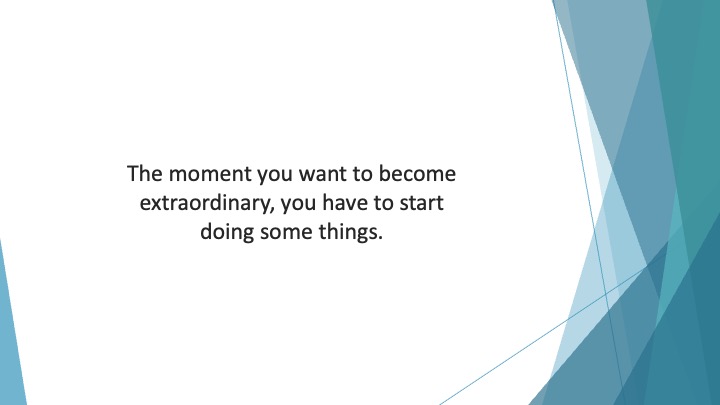


**S22 :** Now, while ordinary people actively seek entertainment, extraordinary people actively seek learning, constructive criticism, and education. Cause a ripple effect by actively seeking learning, constructive criticism, and education.

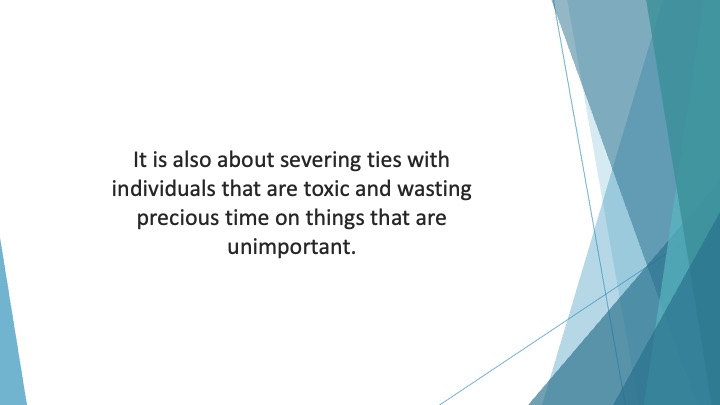


**S23 :** Leave Your Comfort Zone

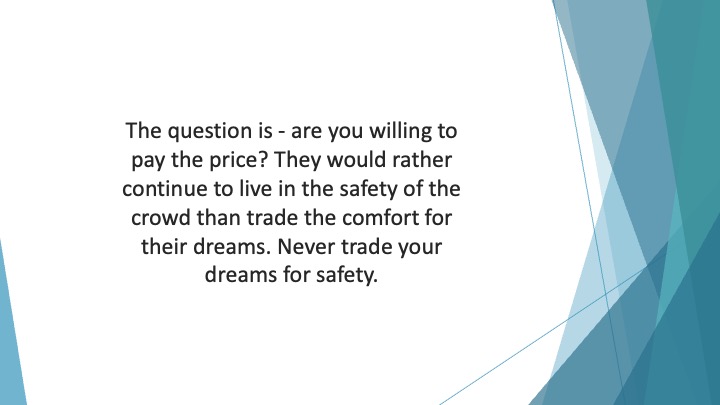
A high percentage of the world’s population will not really be successful, and this is because evolving and growth is painful. To achieve success that lasts and to become an extraordinary version of yourself cannot happen in a comfortable and safe environment that most people dwell in.

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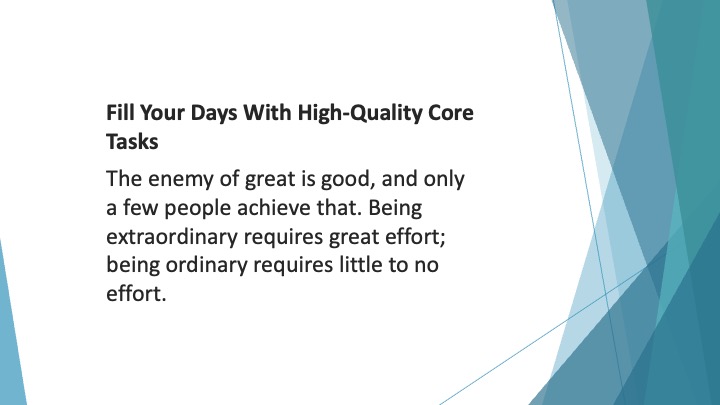
**S24 :** The moment you want to become extraordinary, you have to start doing some things. You have to start having zero tolerance for low-quality tasks, foolish spending, and crappy food.

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**S25 :** It is also about severing ties with individuals that are toxic and wasting precious time on things that are unimportant.

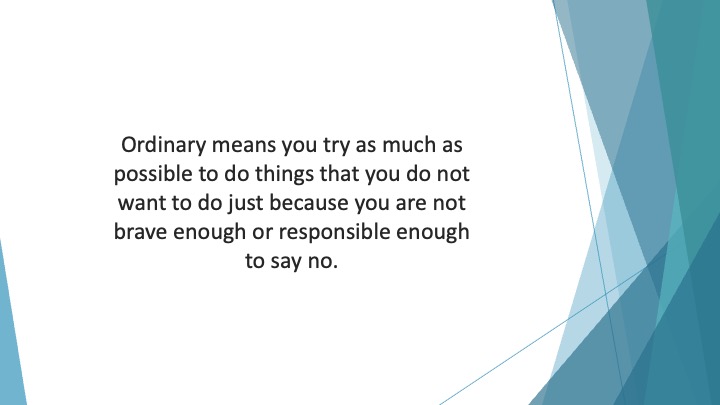
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**S26 :** The question is - are you willing to pay the price? They would rather continue to live in the safety of the crowd than trade the comfort for their dreams. Never trade your dreams for safety. If you want to be extraordinary, leave the comfort.

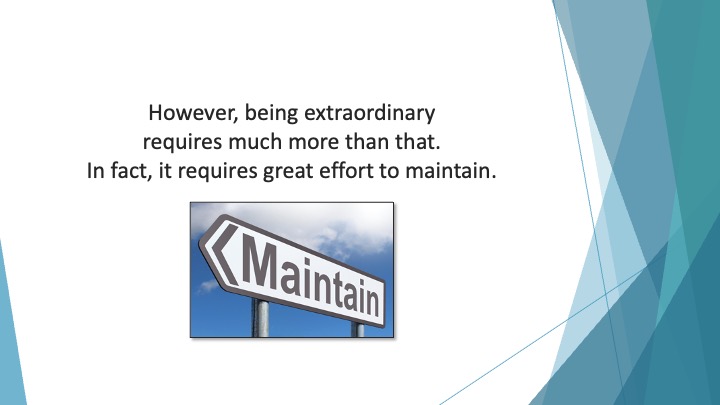
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**S27 :** Fill Your Days With High-Quality Core Tasks

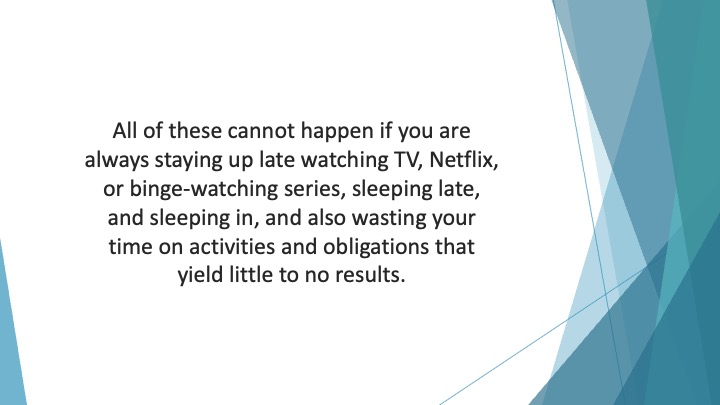
The enemy of great is good, and only a few people achieve that. Being extraordinary requires great effort; being ordinary requires little to no effort. Ordinary means binge-scrolling on Instagram and watching endless series on Netflix.

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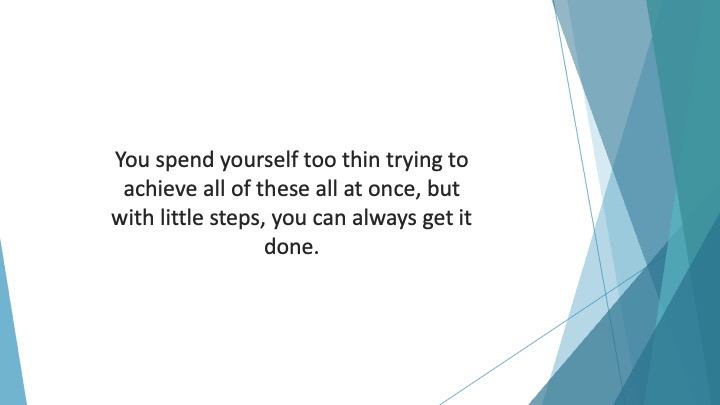
**S28 :** Ordinary means you try as much as possible to do things that you do not want to do just because you are not brave enough or responsible enough to say no.

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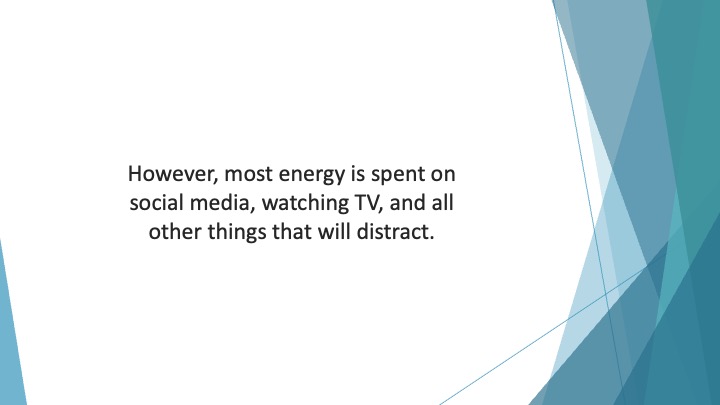
**S29 :** However, being extraordinary requires much more than that. In fact, it requires great effort to maintain. It requires you to block your day with tasks that are of high quality, such as engaging in deep work for great results, taking care of your health, reading, and also solving difficult issues.

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**S30 :** All of these cannot happen if you are always staying up late watching TV, Netflix, or binge-watching series, sleeping late, and sleeping in, and also wasting your time on activities and obligations that yield little to no results.

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**S31 :** Being an extraordinary person will cost you your focus, your energy, your attention, and your time. You spend yourself too thin trying to achieve all of these all at once, but with little steps, you can always get it done.

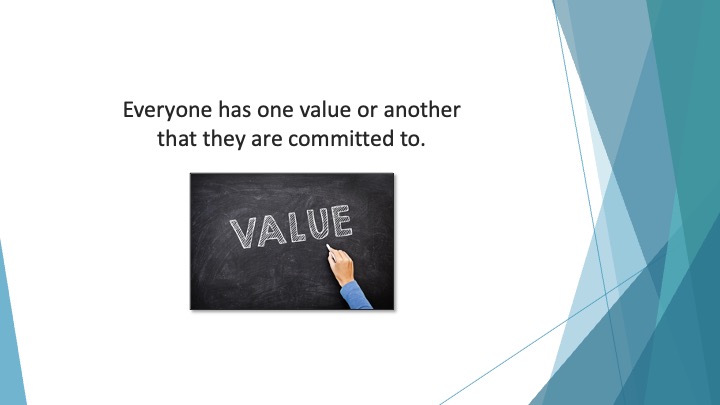
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**S32 :** However, most energy is spent on social media, watching TV, and all other things that will distract. To be extraordinary, you need to spend your time on specific goals that yield high-quality results.

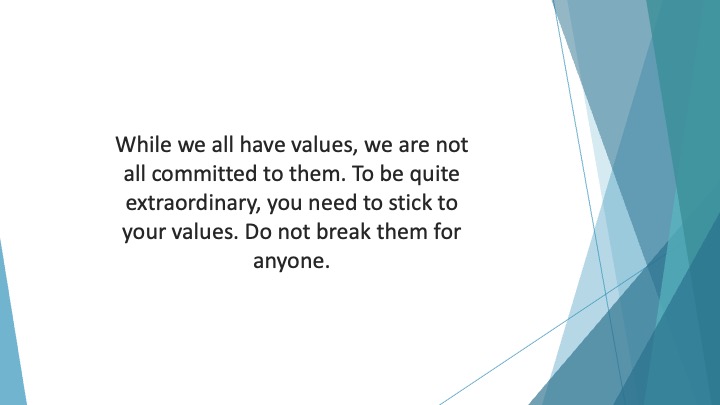
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**S33 :** Be Unapologetically Committed

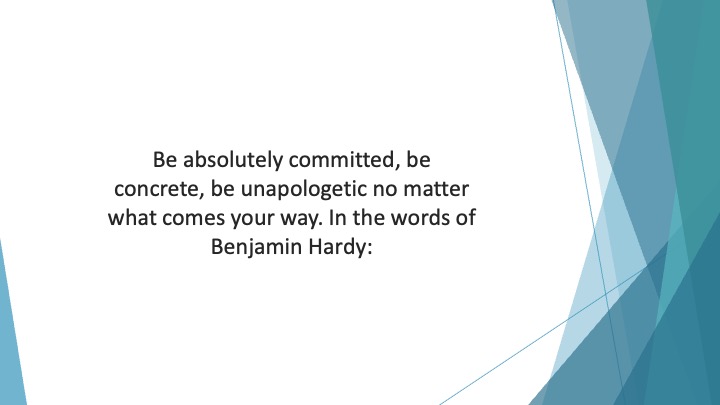
It has become quite rare for one to be highly principled. This is because people rarely stick to their values unapologetically. It is also difficult to maintain when you are in an environment that favors the majority over the minority.

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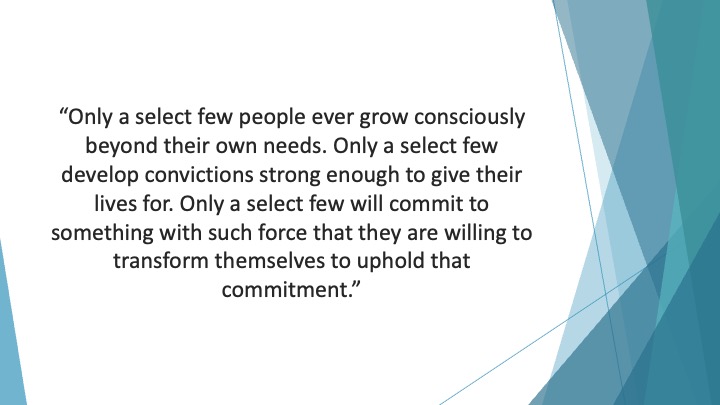
**S34 :** Everyone has one value or another that they are committed to. It is uncommon to drink in moderation, to never binge Netflix, and almost impossible for you to wake up early and stay up late while trying to work on how to be a more emotionally healthier and smarter person.

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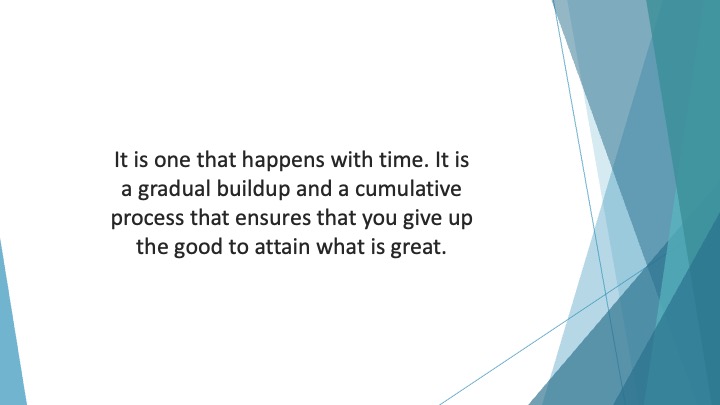
**S35 :** While we all have values, we are not all committed to them. To be quite extraordinary, you need to stick to your values. Do not break them for anyone. The world is in a persistent race to distract you from what is important, but maintaining a culture of tiny habits will ensure that you stay focused.

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**S36 :** Be absolutely committed, be concrete, be unapologetic no matter what comes your way. In the words of Benjamin Hardy:

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**S37 :** “Only a select few people ever grow consciously beyond their own needs. Only a select few develop convictions strong enough to give their lives for. Only a select few will commit to something with such force that they are willing to transform themselves to uphold that commitment.”

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**S38 :** Living an extraordinary life is not an explosive moment. It is one that happens with time. It is a gradual buildup and a cumulative process that ensures that you give up the good to attain what is great.