

The Slight Edge: Chapter 11-12

Monday, February 19, 2007 Call

Mannafest 2007!!!
Last Week of Period 2

“The Slight Edge” by Jeff Olson

1. Chapter 11 Living the Slight Edge

“Gentlemen, this is a football.” Vince Lombardi

Don't take anything for granted.

The Zen Buddhists call this “beginner's mind.”

No matter how great your aspirations, how tall the dream and great the leap it means, the eternally repeated truth of the Slight Edge is that it is always built of small, simple steps. Now its time to find yours... WHAT ARE THOSE SIMPLE STEPS YOU NEED TO DO EVERY DAY.

a) The Slight Edge and Your Health

“Tell me what you eat and I will tell you what you are.”

Jean Anthelme Brillat-Savarin

The foundational importance of everyday health is one of the most commonly known truths of human existence, and at the same time one of the most commonly and blatantly ignored.

What are those simple disciplines? They might cause pain at first, but when you are in good physical shape, you feel better, have more confidence, etc. So, NO BRAINER...easy to do, easy not to do. See worksheet.

b) The Slight Edge and your Personal Development

“You will become as small as your controlling desire, or as great as your dominant aspiration.” James Allen

Would you rather have a million dollar sin the bank or a million-dollar mindset?

“Your income will never exceed for long your own level of personal development.”

Robert Kiyosaki

Find time (car time, etc.) where you can grow by listening to great tapes, reading great books. By listening you are learning by modeling a mentor.

See worksheet.

c) The Slight Edge and Your Relationships

“No man is an island, entire of itself.”

Citizen Kane...highlights this incredible truth about relationships

Law of Association is twofold:

(1) Who you hang around with totally impacts your life.

(2) Relationships you make are also ends in themselves...everything rests on building relationships.

“It’s the little things that count.” So again, no one event in a marriage, but the little things day in and day out that make it a great relationship or make it a miserable one.

Bank account analysis.

With your children, we need to add more Yeses...help support their self esteem.

With everyone this is true...more acknowledgment and less judgment.

See worksheet.

d) The Slight Edge and Your Finances

“Winning is a habit. Unfortunately, so is losing.” Vince Lombardi

No accident the Slight Edge started with the story of the penny...in finances, it is an area where the Slight Edge is easier to see and appreciate.

Everyone knows the power of compound interest? No they don’t.

We all wanted our boat to dock; philosophy of “I spend what I make.”

1998, *The Millionaire Next Door*, best seller and bucked the

trend...taught seven rules the first of which is to live below your means.

See worksheet...what are your ideas?

e) The Slight Edge and Your Life

What is your legacy? What will people remember you for after you have come and gone?

This is not looking at each aspect of your life, but your overall life...what do you want your life to mean? All inclusive so truly the most important of all categories.

Don’t let the sheer size overwhelm you...remember that we are looking at the simple steps you can take each and everyday.

See worksheet.

2. Chapter 12 It’s a Wonderful Life

Where to go from here/

Know for things to change, you need to change. Work on your philosophy first for your philosophy is the source of your attitudes,

actions, results and the quality of your life.

Successful people understand:

That they can increase their success by doubling their rate of failure.

Activity and because they do the thing, they have the power.

The power of simple things.

The power of daily disciplines.

The power of the water hyacinth, and know how to use it.

They know how to keep paddling while others give up.

They know when they are being offered the choice of wisdom.

They understand the Slight Edge and put it to work for them.

Now it's your choice...

WORKSHEETS

HEALTH

My dreams for my health (specific, vivid and with a timeline):

Price to pay:

Plan to start:

One simple daily discipline:

PERSONAL DEVELOPMENT

My dreams for my personal development (specific, vivid and with a timeline):

Price to pay:

Plan to start:

One simple daily discipline:

RELATIONSHIPS

My dreams for my relationships (specific, vivid and with a timeline):

Price to pay:

Plan to start:

One simple daily discipline:

FINANCES

My dreams for my finances (specific, vivid and with a timeline):

Price to pay:

Plan to start:

One simple daily discipline:

LIFE

My dreams for my life (specific, vivid and with a timeline):

Price to pay:

Plan to start:

One simple daily discipline:
