



## The Power of Positive Daily Actions

by Dr Philip E Humbert

Positive Daily Actions and its opposite, Negative Daily Actions, ultimately control every aspect of our lives. Everything we do either takes us forward and makes us happy, or in some small, seemingly unimportant way, it tears us down.

There is no escaping the power of small daily actions, and yet most of us try to ignore their impact, pretending that small daily decisions aren't "really" the source and substance of our lives. The fact is that "we are what we repeatedly do", and there is no escape.

Today, we all know that smoking kills, it just doesn't kill quickly. Its action is so subtle and takes so long that for many years people argued about whether cigarettes were harmful, and on a daily basis, it was easy to deny the statistical link. Today, almost no one questions it, but thousands of people died before the impact of cigarette smoking became clear.

In the same way - to pick one of my personal favourites - a little bowl of ice cream "can't hurt you". And, of course, one bowl usually doesn't. It's the "little" bowl that grows larger over time, and the "little" bowl every night, that creates a problem. It's the extra calories every day that become extra pounds, eventually leading to a life that looks and feels very different than we intended. It's the little daily actions that count!

Over and over again I am amazed at how incredibly "average" most highly successful people are. They are NOT smarter or stronger, or taller, thinner or sexier, than the rest of us. They have no special knowledge and, embarrassingly often, they don't even have any special talent!

**What they DO have is the discipline to take action EVERY DAY.**

Call it self-discipline if you like, but it is definitely NOT a special gift. They do small, simple things, but they do the RIGHT things. Here is a short list of some of the things high achievers do LESS of than the rest of us:

They watch less TV. They eat fewer deserts. They spend slightly less than they earn. They run fewer errands. They gossip less and spend less time in pointless, fruitless relationships. They worry less, and feel less guilt, anger and resentment. They waste less time.

And, here are a few of the things highly successful people do MORE of:

They work more hours, and they are more productive. They save a small percentage of their income, every single month. They read more books. They get more sleep, and they get up slightly earlier. They have a wider circle of friends and associates, and they stay in touch. They take more time off, and are more likely to attend seminars or educational conferences.



### Small Positive Daily Actions make all the difference!

This week, do a few things differently. Do not try to change your whole life! That's not realistic and most of us are way beyond that. Instead, make the phone calls you've been putting off. Commit to a bit of daily exercise, to paying those nagging bills, or to reading a few pages every day. Eat slightly healthier and go to bed a bit earlier. Read to the kids or go for a walk with your spouse. Do a few Positive Daily Actions every day this week. Then, if you like the results, do them again next week.

### The power of PDA's make all the difference!

**If you liked this article there is a link to Dr Humbert's website under Helpful Links in our Resource section.**

"You don't have to be great to get started. But you have to get started to be great."

Les Brown



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