

When we get it, we get it and that's what happened for me when I first heard the quote, "Little hinges swing big doors."

It's the little things for all the things; it's the little decisions, choices, steps, and systems that ultimately become our habits.

We look at the door (our goals) longingly, wishing for it to open, when it's the hinges (habits) that make it possible for the door to open in the first place.

W. Clement Stone penned this quote, but he followed up with these 3 thoughts:

1) It's your environment that will control you. Therefore, control your environment. Avoid situations, acquaintances, and associates who hold you back.

2) Success is gained by TRYING. "No! Try Not!" Yoda said. "Do or do not. There is no try." I say - try it on. Does it fit? Can it be adjusted or tailored to fit? We don't know what works for us until we try.

3) Thinking will not overcome fear, but action will.

Today, think about the little hinges you could use to open a big door.

- Set up a hydration station and reminders on your phone to drink up.
- Put your workout clothes on first thing in the morning.
- Make your bed every morning.
- Clean up after yourself - every single time.
- Do a pantry raid and be ruthless.
- Floss twice a day!
- Call someone and tell them you're thinking of them.
- Compliment one of your children.
- Put a book in the place of the TV remote.

BJ Fogg, author of Tiny Habits, says the goal is to feel good about what you ARE doing and to stop judging yourself. Break down your big goals into smaller, approachable ones, and embrace mistakes as discoveries - then move forward.