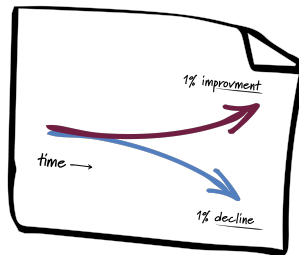


Desktop

Mobile

Habit Fix

with Rabbi Benji



The 1% rule

Clear talks about the 1% rule. Often used in a business context, the 1% rule states that all you need to be is consistently and persistently a little better each day. He explains that if a pilot leaves from LA to New York and adjusts the heading just 3.5 degrees, they will land in Washington instead. While small changes don't seem to matter in the moment, they can literally change our trajectory drastically.

The Lubavitcher Rebbe taught:

🔗 Today you did some wonderful things. It's okay to tell yourself that. There's a time to feel some satisfaction with what you have accomplished today—as long as you're never satisfied with tomorrow. 🔗

Just a little bit better each day

Just like compound interest on any investment, your 1% will compound each day until you have made huge leaps in personal development.

This reminds me of the principle 'Tafasta merube lo tafasta'...

— 'If you have seized a lot, you have not seized'¹. If you take on too much, you might not succeed, so take on a smaller amount. And that smaller amount will make a difference. Day by day.