850   Is it Time to Consider Making Micro-shifts?
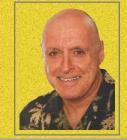
In the past we've talked a lot about productivity, and making positive changes in our lives. We've done a few segments on habits, tiny habits that can help in any number of ways. I'm Jerry Roberts, and today, we'll explore the smallest of adjustments you can make to make a difference. They're called micro-shifts, and we'll see how this might work out for us, next, on The Extra Point.

We all want big breakthroughs in our life. I do, you do. Even if we don't say this in so many words, we're hoping for good things to happen. Much the time, these good things require big changes, often radical changes. But, what if that wasn't the case?

What if we could achieve a breakthrough with small, seemingly insignificant adjustments or shifts in what we do and how we do it? A writer named Brianna Wiest posted on this recently, calling the adjustments "micro-shifts."

Before we start, it's important that we clearly understand something. None of the things I'll mention is going to change your life immediately.

What will happen is that you can slowly build momentum, and if you continue the change will happen. All because of these small shifts, some of which I've made micro changes to.

1. Drink one-half glass of water more each day. Almost all of us need a lot more, but start with that.
2. Delete one social media app off your phone.
3. Start getting up 15 minutes earlier each day. Go to 30 minutes earlier after a month. Use the time wisely, and it will quickly become your favorite time of day.
4. Work out for an extra 10 minutes.
5. Wipe down one surface at the end of the day.
6. Organize one closet or cabinet in your house. Not the whole house, Just one.
7. Fill one bag or box of items you'd like to get rid of. Then, do it.
8. Cook dinner at least one night a week. Use a recipe you've never tried. Do this every week for a year and you'll have 52 meals you can create on your own.
9. Make one more payment toward a debt that you still have.
10. Go to old contacts on your phone or email, and send a message or call. Do it once a week and that's 52 relationships potentially reborn.
11. Read one page of a business book that you want to start.
12. Pray or meditate for one minute in the morning.
13. Stretch for one minute in the afternoon.
14. Take one deep breath every time you remember to do so.
15. Praise a different coworker every day. Just 15-30 seconds. Don't forget your boss.
16. When your anger starts to flare because something went wrong, just once, pause and remember that there's another way.
17. Ask your boss a question that will help you grow.
18. Call a customer and just thank them for sticking with you.

Small things. Micro-shifts in what we do, and how we do it. Can you add to the list? Some you might do weekly or even daily. Whatever the frequency, be consistent. See where you are in 30 days, then keep going to adjust. You might be surprised.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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You tell yourself, "They know how I feel." They did once, but now they probably don't. If you think you're too busy to show you care, maybe they'll care less about getting busy.

Every manager falls prey to some or this at some point. Some never recognize it. If you're not sure or want to know if people feel that way about you and your leadership, ask a worker you trust to call you out if they see negative traits pop up.

You'll be glad if they do, because they'll help you to get your eyes back on the ball.

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