SLIGHT EDGE WORKBOOK
**SLIGHT EDGE LIFE ASSESSMENT**

Take a look at your life and tell the truth about where you really are at. Do this exercise with me right now. Take a pencil and put a check in the up or down box next to each area of your life as listed below.

**Which way are you headed right now?**

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<thead>
<tr>
<th>Area</th>
<th>UP</th>
<th>DOWN</th>
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<tr>
<td>Your health</td>
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<td>Your friendships and relationships</td>
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<td>Your career</td>
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<td>Your positive impact on the world</td>
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MY GOALS

For a goal to come true:

*You must make it specific, give it a deadline, and write it down.*

*You must look at it every day. You must have a plan to start with.*

Step One: Write It Down

Step Two: Look at It Every Day

Step Three: Start with a Plan

Write your top 5 goals down here (refer to chapter 16):

1. 
2. 
3. 
4. 
5. 

“Where I Am”

“Where I Could Be”
SLIGHT EDGE LIFE GOALS

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

Plan to start:

One simple daily discipline:
SLIGHT EDGE LIFE GOALS

My dreams for my happiness (specific, vivid and with a time line):

Plan to start:

One simple daily discipline:
SLIGHT EDGE LIFE GOALS

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

Plan to start:

One simple daily discipline:
SLIGHT EDGE LIFE GOALS

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

Plan to start:

One simple daily discipline:
SLIGHT EDGE LIFE GOALS

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

Plan to start:

One simple daily discipline:
SLIGHT EDGE LIFE GOALS

My dreams for my career (specific, vivid and with a time line):

Plan to start:

One simple daily discipline:
SLIGHT EDGE LIFE GOALS

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

Plan to start:

One simple daily discipline:
SLIGHT EDGE HAPPY HABITS

These are the Slight Edge actions for happiness: happy habits.

1. Each morning, write down three things you’re grateful for. Not the same three every day; find three new things to write about. That trains your brain to search your circumstances and hunt for the positive.

2. Journal for two minutes a day about one positive experience you’ve had over the past twenty-four hours. Write down every detail you can remember; this causes your brain to literally re-experience the experience, which doubles its positive impact.

3. Meditate daily. Nothing fancy; just stop all activity, relax, and watch your breath go in and out for two minutes. This trains your brain to focus where you want it to, and not get distracted by negativity in your environment.

4. Do a random act of kindness over the course of each day. To make this simple, Shawn often recommends a specific act of kindness: at the start of each day, take two minutes to write an email to someone you know praising them or thanking them for something they did.

5. Exercise for fifteen minutes daily. Simple cardio, even a brisk walk, has a powerful antidepressant impact, in many cases stronger (and more long-lasting) than an actual antidepressant!

if you do any one of these things faithfully for just three weeks, twenty-one days in a row, it will start to become a habit—a happy habit. You will have literally begun to rewire your brain to see the world in a different way, and as a result, to be happier on an everyday basis.

“Success is not the key to happiness. Happiness is the key to success.”

—Albert Schweitzer
To buy the Slight Edge by Jeff Olson book, go to Amazon.com and search for Slight Edge or click on the link below:

https://www.amazon.com/Slight-Edge-Turning-Disciplines-Happiness/dp/1626340463/ref=sr_1_1?ie=UTF8&qid=1470975793&sr=8-1&keywords=the+slight+edge+by+jeff+olson

You can listen to the Slight Edge audiobook at either Soundcloud or Youtube. Go to those websites and search for Slight Edge or click on the links below.

SOUNDCLOUD:


YOUTUBE:

https://www.youtube.com/watch?v=pSBaZJ1y6MU
1. The Beach Bum and the Millionaire

“The only person you are destined to become is the person you decide to be.” —Ralph Waldo Emerson (attrib.)

Essential Points from Chapter 1

The same activities that take us from failure to survival would also take us from survival success—if we would just keep doing them.

You already know how to do everything it would take to make you an outrageous success. All you have to do is keep doing the things that have gotten you this far. You have complete control over the direction that the rest of your life takes.

There is a beach bum and a millionaire inside each one of us. What makes the difference in how things turn out? You do.
2. The First Ingredient

“Do the thing, and you shall have the power.”
—Ralph Waldo Emerson Essay on Compensation

The secret ingredient is your philosophy.

By “your philosophy,” all I mean is changing the way you think about simple everyday things. Once you do, then you will take the steps you need to take, to lead you to the how-to’s you need.

The formula for success is quite simple:
Double your rate of failure.

Essential Points from Chapter 2

No matter how good the information is, it won’t do you any good unless you have the right catalyst that will let you apply it effectively.

Your philosophy creates your attitudes, which create your actions, which create your results, which create your life.

Successful people fail their way to the top. Do the thing, and you shall have the power.

The slight edge is the first ingredient, the catalyst you need that makes all the how-to’s work.
3. The Choice

“I guess it comes down to a simple choice, really. You get busy living, or get busy dying.”

—Andy Dufresne in The Shawshank Redemption

It’s never too late to start.
It’s always too late to wait.

The slight edge is relentless, and it cuts both ways. Used productively, it carries you up toward success. Used carelessly, it pulls you down toward failure. Simple productive actions, repeated consistently over time. Simple errors in judgment, repeated consistently over time. The choice is that simple.

Essential Points from Chapter 3

Simple daily disciplines—little productive actions, repeated consistently over time—add up the difference between failure and success.

The slight edge is relentless and cuts both ways: simple daily disciplines or simple errors in judgment, repeated consistently over time, make you or break you.
Without the slight edge, you can start with a million and lose it all. With the slight edge, you can start with a penny and accomplish anything you want.
4. Master the Mundane

“An apple a day keeps the doctor away.”
—Benjamin Franklin (attrib.) in Poor Richard’s Almanack

What Do the 5 Percent Do Differently?

There is only one difference: the slight edge.

The 5 percent all understand the power of the slight edge and how it is working for or against them. They may not use the words slight edge to describe it. They may not even see what they do as being guided by a “philosophy.” But that’s exactly what it is.

If slight edge habits are so easy to do, and will lead to phenomenal success, why doesn’t everyone do them?

Reason #1: They’re Easy to Do
The first answer is one I learned from Jim Rohn: The simple things that lead to success are all easy to do. But they’re also just as easy not to do.

Reason #2: The Results Are Invisible
The second reason people don’t do the little things that add up to success is that at first, they don’t add up to success.

Reason #3: They Seem Insignificant
The third reason most people live out their entire lives without ever grasping how the slight edge is working in their lives it that is just seems like those little things don’t really matter.

Essential Points from Chapter 4
Only 5 percent — 1 in 20 — achieves the level of success and fulfillment they hope for. The other percent either fail or fall short. The only difference is the slight edge.
The secret to the 5 percent’s success is always in mundane, easy things that anyone could do.

People don’t consistently do those simple things for three reasons: 1) while they’re easy to do, they are also easy not to do; 2) you don’t see any results at first; 3) they seem insignificant, like they don’t matter. But they do.
5. Slow Down to Go Fast

“Rome ne s’est pas faite en un jour. (Rome wasn’t built in a day.)”

—an ancient French proverb

The secret of time is simply this: time is the force that magnifies those little, almost imperceptible, seemingly insignificant things you do every day into something titanic and unstoppable.

\[ \text{consistently repeated daily actions} + \text{time} = \text{inconquerable results} \]

You supply the actions; the universe will supply the time. The trick is to choose the actions that, when multiplied by this universal amplifier, will yield

**Essential Points from Chapter 5**

Time is the force that magnifies those simple daily disciplines into massive success.

There is a natural progression to success: plant, cultivate, harvest—and the central step, *cultivate*, can only happen over the course of time.

No genuine success in life is instant. Life is not a clickable link.

To grasp how the slight edge works, you have to view your actions through the eyes of time.

Difficult takes a little time; impossible takes just a little longer.
6. Don’t Fall for the Quantum Leap

“I am a great believer in luck. The harder I work, the more of it I seem to have.” — Coleman Cox

Someday Never Comes

Someday, when my ship comes in …
Someday, when I have the money …
Someday, when I have the time …
Someday, when I have the skill …
Someday, when I have the confidence …

How many of those statements have you said to yourself? Have I got some sobering news for you: “someday” doesn’t exist, never has, and never will. There is no “someday.” There’s only today. When tomorrow comes, it will be another today; so will the next day. They all will. There is never anything but today.

Essential Points from Chapter 6

Quantum leaps do happen, but only as the end result of a lengthy, gradual buildup of consistently applied effort.

No success is immediate, no collapse is sudden. They are both the result of the slight edge accruing momentum over time.

Hoping for “the big break” — the breakthrough, the magic bullet — is not only futile, it’s dangerous, because it keeps you from taking the actions you need to create the results you want.
7. The Secret of Happiness

“Success is not the key to happiness. Happiness is the key to success.” —Albert Schweitzer

In the past fifteen years, science has learned:
- Happiness doesn’t come from genetics, luck, or chance.
- Happiness has a lot less to do with circumstances than we think it does.
- Happiness isn’t the result of some big, out-of-reach event or attainment.
- Happiness is created by simple, easy things we do every day.
- And unhappiness is created by not doing those simple, easy, everyday things.

Happiness Comes First

And here’s the truly radical thing about it: it isn’t that people who have greater success, more money, and better marriages are happier as a result of those things. The research is very clear on this:

the greater states of happiness precede all these outcomes.

This is one of the central findings in the entire movement of happiness research: when it comes to understanding how to achieve happiness, most of us have it backward. We believe, “Once I become successful, then I’ll be happy.” Or, “Once I become healthier … once I find that relationship … once I’m living where I want to live … once my income is high enough to manage my life without stress … then I’ll be happy.”

But that’s not how it works. Oh, we think it does. We all assume that’s the way things work. If I do this, and I do it long enough, then I’ll be happy. That makes sense. But it’s just not what happens. In fact, says the research, it works exactly the opposite way. Once you do what it takes to raise your everyday level of happiness, then you will become more successful, then you’ll become healthier, then you’ll find that relationship. The more you raise your own happiness level, the more likely you’ll start achieving all those things you want to achieve.
Happiness doesn’t come at the end. Happiness comes first. Albert Schweitzer put it beautifully:

“Success is not the key to happiness. Happiness is the key to success.”

**slight edge + happy habits = success**

**Essential Points from Chapter 7**

Happiness is created by doing some simple, easy things, and doing them every day.

Success does not lead to happiness, it’s the other way around: more happiness creates more success.

Elevated levels of happiness create elevated levels of health, performance, social involvement, marital fulfillment, financial and career success, and longevity.

Greater happiness is key to making the slight edge work in your life.

Shawn Achor’s five happy habits:

1. Every morning write down three new things you’re grateful for.
2. Journal for two minutes a day about a positive experience from the past 24 hours.
3. Meditate daily for a few minutes.
4. At the start of every day, write an email to someone praising or thanking them.
5. Get fifteen minutes of simple cardio exercise a day.
8. The Ripple Effect

“Strange, isn’t it? Each man’s life touches so many other lives.” – Clarence the Angel, in It’s a Wonderful Life

Essential Points from Chapter 8

Everyone wants to know that they make a difference in the world—that their lives matter.

Greater success also creates a greater responsibility to share that success with others.

A single thoughtful, committed person can change the world.

We are all having a ripple effect on others; the question is, what kind of ripple effect, negative positive, do we want to have?
9. But You Have to Start with a Penny

“The journey of a thousand miles starts with a single step.”

—Chinese proverb

The Power of One Percent

By the end of a year, by adding 1 percent each day—pure addition, no compound interest—how much have you added? A total of 365 percent. In other words, times three and a-half.

What you do each day matters

Essential Points from Chapter 9

Great success often starts from a tiny beginning—but there has to be a beginning. You have start somewhere. You have to do something.

If you add just 1 percent of anything—skill, knowledge, effort—per day, in a year it will have more than tripled. But you have to start with the 1 percent.

Greatness is not something predetermined, predestined, or carved into your fate by forces beyond your control. Greatness is always in the moment of the decision.
10. Two Life Paths

“I took the one less traveled by And that has made all the difference.”  —Robert Frost, The Road Not Taken

Essential Points from Chapter 10

Everything is always in motion. Every day, every moment, your life path is either curving upward, or curving downward.

Growing up we heard five times as many nos as yeses. Life has a downward pull.

People on the success curve live in responsibility. People on the failure curve live in blame.

People on the success curve are pulled by the future. People on the failure curve are pulled by the past.

No matter where you are, at any moment you can choose to step onto the success curve.
11. Mastering the Slight Edge

“There is one quality which one must possess to win, and that is the definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it.” —Napoleon Hill, Think and Grow Rich

Essential Points from Chapter 11

Mastery begins the moment you step onto the path. Failure begins the moment you step off the path.

Wanting is uncomfortable, yet wanting is essential to winning.

There are two ways to close the gap between where you are and where you want to be: 1) you can let go of where you are and be drawn to your goal, or 2) you can let go of your goal, hit the snooze button, and stay where you are.

Chances are good that when you step out onto the path of mastery, you will step out alone.
12. Invest in Yourself

“Give me six hours to chop down a tree, and I will spend the first four hours sharpening the axe.” —Abraham Lincoln

Essential Points from Chapter 12

The wisest investment you can make is to invest in your own continuous learning and development.

Learning by studying and learning by doing—book smarts and street smarts—are the two essential pistons of the engine of learning.

On the path to a goal you will be off-course most of the time. Which means the only way to reach a goal is through constant and continuous course correction.

Most of your life—99.99 percent—is made up of things you do an automatic pilot. Which means it’s essential that you take charge of your automatic pilot’s training.
13. Learn from Mentors

“You must hold your head high and keep those fists down. No matter what anyone else says to you, don’t let ’em get your goat. Try fightin’ with your head for a change.”

—Atticus Finch, in To Kill a Mockingbird by Harper Lee

We all understand this principle instinctively; our language is shot through with idioms that reflect it:

- You’re known by the company you keep.
- Show me where you fish and I’ll show you what you catch.
- Birds of a feather flock together.
- You are the combined average of the five people you associate with most—including the way you walk, talk, act, think, and dress. Your income, your accomplishments, even your values and philosophy will reflect them.
Essential Points from Chapter 13

If you want to learn how to do something well, find someone who has mastered that skill and apprentice yourself.

Choose your heroes carefully: are they genuine role models you want to emulate?

Choose your associates: everything about your life will closely reflect the lives of your five closest friends.

Sometimes you need to let go and disassociate.

Form and use a mastermind: two minds are better than one, and five are even better.
14. Use Your Slight Edge Allies

“Be not afraid of going slowly; be afraid only of standing still.” — Chinese proverb

Steady wins the race. That’s the truth of it. Because steady is what taps into the power of the slight edge.

Essential Points from Chapter 14

On the path of mastery you have four powerful allies:

The power of momentum: steady wins the race.

The power of completion: clear out your undones and incompletes.

The power of reflection: facing the man or woman in the mirror.

The power of celebration: catch yourself doing something right.
15. Cultivate Slight Edge Habits

“Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.” —Charles Reade (attrib.)

Seven positive, productive habits

Habit #1: Show Up
Habit #2: Be Consistent
Habit #3: Have a Positive Outlook
Habit #4: Be Committed for the Long Haul
Habit #5: Cultivate a Burning Desire Backed by Faith
Habit #6: Be Willing to Pay the Price
Habit #7: Practice Slight Edge Integrity
Essential Points from Chapter 15

There are two kinds of habits: those that serve you, and those that don’t.

You have choice over your habits through your choice of everyday actions.

The way to erase a bad habit is to replace it with a positive habit.

Here are seven powerful, positive slight edge habits:
1. Show up: be the frog who jumps off the lily pad.
2. Show up consistently: keep showing up when others fade out.
3. Cultivate a positive outlook: see the glass as overflowing.
4. Be committed for the long haul: remember the 10,000-hour rule.
5. Cultivate a burning desire backed by faith: not hoping or wishing — knowing.
6. Be willing to pay the price: sometimes you have to quit the softball team.
7. Practice slight edge integrity: do the things you’ve committed to doing, even when no one else is watching.
16. Three Steps to Your Dreams

“First comes the thought; then organization of that thought into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.” – Napoleon Hill, The Law of Success

For a goal to come true:

*You must make it specific, give it a deadline, and write it down.*

*You must look at it every day. You must have a plan to start with.*

Step One: Write It Down

The most critical skill for achieving success in any area whatsoever, from sports to high finance, radiant health to fulfilling relationships, is the skill of *envisioning*. Envisioning something simply means having the ability to create a vivid picture of something that hasn’t factually happened yet, and to make that picture so vivid that it feels real.

What do you dream about? Pick a dream you have, any dream: your dream house, dream location, dream vacation, dream job, dream marriage, dream career. Pick a dream that you’d truly, deeply love to have come true. Write it down, describing it in just a few words, on the first line below. Then pick another, and another, until you have identified and listed five dreams.

If you’re hesitating, know this: these dreams may be as huge or as small as you like; neither is “better” or more or less worthy to be made real.
Write it down here:

1

2

3

4

5

Good. Now, let’s have you add two descriptors that will make your dream more concrete: \textit{what} and \textit{when}.

First, go back to each dream and add whatever wording you need to make it absolutely specific.

(You may need a fresh sheet of paper or text doc on your laptop to do this.) For example, if you had a dream to “be financially free,” what does that mean specifically? How much money do you need in the bank or investments, or coming in as annual income, to achieve what you call \textit{financial freedom}?

If there are any other conditions that need to be met (such as “being completely debt-free”), add those in, too.

\textbf{Step Two: Look at It Every Day}

\textbf{Step Three: Start with a Plan}
Essential Points from Chapter 16

There are three simple, essential steps to achieving a goal:

Write it down: give it a *what* (clear description) and a *when* (timeline). Look at it every day: keep it in your face; soak your subconscious in it.

Start with a plan: make the plan simple. The point of the plan is not that it will get you there, but that it will get you started.
17. Living the Slight Edge

“Gentlemen, this is a football.”
—Vince Lombardi

Essential Points from Chapter 17

Write out your goals and dreams, a simple starting plan, and a single daily discipline:

- For your health
- For your happiness
- For your relationships
- For your personal development
- For your finances
- For your career
- For your impact on the world
18. Where to Go From Here

“Keep your eyes on the prize.”
—Alice Wine, civil rights activist

Do one simple, daily discipline in each of these seven key areas of your life—your health, your happiness, your relationships, your personal development, your finances, your career, and your impact—that forwards your success in each of those areas; and Make a habit of doing some sort of daily review of these slight edge activities, either through keeping a journal, a list, working with a slight edge buddy, a coach, or some other regular, consistent means; and spend high-quality time with men and women who have achieved goals and dreams similar to yours; in other words, model successful mentors, teachers, and allies, and do it daily, weekly and monthly…
SLIGHT EDGE

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