**YGT episode 129**

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I'm your host. Dr. Katie Linder. On this episode. I want to talk about a theme that I know I have addressed before on the show, but it is become so apparent to me. Lee and I just had to talk about it again and that is this idea that small things add up sometimes relatively quickly to Big results and this is a reminder that I often need when I'm feeling overwhelmed when I have a huge project in front of me and I just don't want to start it I find myself procrastinating in those moments and just feeling like.

In denial about how much work it's going to take and I'm definitely kind of a go big or go home person as you've probably seen and heard on the show and through my projects, but I also know that in order to do a lot of the big projects I have on my plate I have to go small. I have to really divide things into smaller pieces and this is something that I think I've also seen help many people that I work with as clients.

And also just in my personal life breaking things down into small pieces helps with big projects. So I was most recently reminded of this when I think I've mentioned on the show that my partner and I have been watching the Marie kondo tidying up documentary Show on Netflix and I am someone who loves to declutter and I love to organize things and I love to give things away.

I don't have a lot of emotional attachment to objects, but my partner. Does and he does not like to give things away? But he does recognize some need to declutter parts for house and in particular our kitchen because we're in the process of going through a remodel and that's going to start in another month or so.

And so what we decided to do was go small on this. We have a small basket that we fill with things to donate. And once that basket is full we take it and donate it and we don't really go beyond the size of the basket and it's a very, you know, relatively easy thing to fill it up recently. We went through and decluttered our DVD collection for example, but it's not so big of a basket that he feels completely overwhelmed with taking it out of our house.

Now there are tons of other ways that I see this in my own life and it often has to do with habits and building habits where it you don't really see a benefit maybe until a little while down the line and so the small parts of that habit add up to something big but you don't necessarily see that pay off immediately.

So sometimes what I do is I play a little bit of a game with myself about how much small things will add up over time. So here are some examples five minutes a day would equal about two hours a month of meditation that I didn't have before if I meditated for five minutes a day. 15 minutes a day would equal 7 hours a month of fun reading that I didn't have before.

So if I cracked open my novel for 15 minutes a day or even listen to it on audiobook in the car for 15 minutes. It's seven hours more reading 30 minutes a day. If I can carve out that time would equal 14 hours a month of exercise that I didn't have before. That's kind of a lot. Especially if I'm you know, not doing anything at all to all of a sudden up it by that much as great and then an hour a day, this is one of my favorite parts of math is about 30 hours a month toward whatever project that you weren't giving.

Project before and that is something that I definitely saw firsthand a couple of years back when I did an April writing challenge to work on my book for an hour a day in the month of April and I made significant progress just by kind of plugging away at it consistently. So I think that part of the going small is thinking about consistency and habit building and putting a lot of faith and trust in the fact that things are going to build up.

And add up over time. But also I think those small small changes can end up with much bigger results than what we think. So here are some other examples that I was thinking of five minutes of stretching after a workout can mean less injuries overall. 15 minutes to clean my kitchen at night equals a much less stressful morning once I get up and I have a clean kitchen instead of a dirty one 30 minutes of extra sleep can equal way more Focus during the day and devoting an hour multiple times a week to whatever important project you have on your plate means you don't feel guilty about it because you know, you're actually committing and giving time to that thing in the way that it is.

And I think part of the challenge of tackling really big things is all the emotional energy that we give to feeling guilty if we're not working on it in the way that we want and just kind of going back and forth in our own minds about we know we should be doing something different than we are instead of just actually doing a very small amount of a thing.

Now the biggest challenge for me for this it is I will often convince myself to not do anything at all and a workouts are great example of this rather than go for like a 20-minute walk all think. Well, if I can't go for at least 45 minutes, it's not worth it. When that is so not true and it's really just kind of a way of convincing myself to procrastinate on something or to let myself off the hook for something that I know that I should be doing.

So this mindset of thinking small is also another way of saying it does matter like even five minutes of something can matter because those five minutes we'll add up over time to several hours and that's something you didn't have before. So here are some questions that I would love to ask you. What do you want to have more of tomorrow that you don't have today?

What do you want to have more of at the end of the week the month or the year that you don't have right now and what tiny deposits do you want to put in? The bank towards those things because just like a bank account it adds up and I think the more consistency and have it building we have what things we get like a kind of interest in the same way that a bank account would so the slow deposits add up over time and I'm definitely applying this in my own life to all kinds of things that seem big abstract and difficult for me to schedule time for rather than think it's all or.

I'm definitely going to be making those small deposits. So I would love to hear what are the areas of your life where you need to go small instead of going big. You can always email me at contact a kitty litter dot work tweet to me at Katie double underscore lender or connect with me on Instagram @ KD underscore Linder.

I would love to hear what this looks like in your life. Thanks so much for listening to this episode. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie lender dot work / podcasts. You've got this is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully.

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