



EPISODE 82:

Using the Power of
Small and Simple
Things

I'm Rachael Collins at The Joyful You Podcast.

This is episode 82, Using the Power of Small and Simple Things.

You're listening to The Joyful You Podcast.

On this show, I talk all about the tools you need to cultivate a healthy relationship with food, your mind, and your life, so you can live well, feel well, and become your strongest, healthiest, happiest, most amazing self.

Today, I want to talk about a topic that has the power to transform your life.

I want to talk about using the power of small and simple things.

In the beginning, when we're first starting out, trying to accomplish a goal, there is a lot of excitement, motivation is huge, and we tend to take these really big strides towards creating the outcome that we want.

We start all out at a level 10.

I have seen this time and time again with my clients.

They are so excited to get started, and many of them will go from this diet full of processed foods to vowing to make everything from scratch, or they'll go from no movement at all to resolving to work out an hour every day.

Some of them also go from a habit of staying up late and getting up early, so not getting as much sleep as their body maybe needs, to going to bed at 8.30 every night.

They start out strong and with really, really good intentions, only to quote unquote fall off the wagon soon after.

Maybe you've had a big goal in your life that you wanted to reach, but you gave up before you got there.

I know I have.

We all have these really good intentions.

We're motivated.

We're excited.

We want to do this and we're willing to do it.

It's not like we're not trying.

So what happens?

Well, there are a few things.

First, we start out the gate sprinting and we get burned out.

We go from line 1 to line 10, sometimes line 20, and we can't sustain it for very long.

Second, change is uncomfortable.

It's awkward.

It takes effort.

It takes energy to get off autopilot and to do things differently.

And our lower brain, who has the job of keeping things easy, painless and running on autopilot, is screaming at us.

This is too hard.

Stop.

Just stay where you are.

Stay comfortable.

Don't do this anymore.

All of this noise from our lower brain drowns out that excitement and motivation that our higher brain is sending to us, and we find ourselves going back to our old habits and our old ways.

And then the last thing is we don't give ourselves enough time to develop the skills and the habits that we need to accomplish the goal.

And we get frustrated.

We give up and we quit.

And that's the end of it.

This is not our fault.

The world is full of enticing immediate results schemes.

We see lose 30 pounds in 10 days all over the magazines in the checkout aisle.

We think that change should be fast.

And we think that the way we need to get this change is by making these huge giant changes.

The message that is out there is that we have to be taking huge giant strides towards a goal.

And that is the only way that we can do it.

And that is the only way that we can be successful at it.

That is such a lie.

I think that we all know from experience that these huge big steps tend to not work out.

And yet, for some reason, we are drawn in time and time again by the shiny promise of quick results.

Every time, we have a tendency to forget that habit creation, which is what we need to accomplish our goal, is not a quick process.

And it's certainly not a one-and-done thing.

It's more than a just do this for 10 days or just do this for 30 days, and then just go back to how you were doing things before.

It has to become a permanent change.

And if we're taking actions that are super hard and are super challenging and that we hate taking, we're not going to stick to them.

Our brain is not going to want to make a habit out of them, because like we talked about last week, there needs to be a reward in place in order for habit to be created.

And hard and painful and hating to do it is not rewarding.

Our brain will be fighting us every single step of the way.

So what is the secret?

What is the secret to accomplishing a big goal?

The secret is, you ready?

It's in the power of the small and simple.

This is something that is actually taught by the prophet Alma in the Book of Mormon.

He reminds us that by small and simple things are great things brought to pass.

The way to see something great brought to fruition or brought to pass is by doing things that are small and simple.

Doesn't small and simple even just feel easier to sustain?

Doesn't it feel more hopeful and definitely it feels more realistic?

I know that I can do something that's small.

I know I can do something that's simple.

It's the things that are hard and the things that are big that I'm not quite so sure about.

So maybe you're also wondering how does small and simple even work?

It seems too good to be true.

So let's talk about that.

One of my very favorite books is called The Compound Effect, and it is by Darren Hardy.

And in The Compound Effect, the author explains the science of small and simple things, except for he doesn't call it this.

He calls it The Compound Effect.

What is The Compound Effect?

I'm going to read you straight out of the book.

The Compound Effect is the principle of reaping huge rewards in the form of small, smart choices.

What's most interesting about this process is that even though the results are massive, the steps in the moment don't feel significant.

Whether you're using the strategy for improving your health, relationships, finances, or anything else for that matter, the changes are so subtle, they're almost imperceptible.

These small changes offer little to no immediate results.

No big win, no obvious, I told you so payoff.

Why bother?

Most people get tripped up by the simplicity of the compound effect.

What they don't realize is that these small, seemingly insignificant steps, completed consistently over time, will create a radical difference.

That's it.

The part that stood out to me about this is where he said, most people get tripped up by the simplicity of the compound effect.

What they don't realize is that these small, seemingly insignificant steps, done consistently over time, will create a massive difference.

Why is it that we think the hard and the challenging is the only way to do things?

It never works out.

It just doesn't.

We should know that by now.

So don't get tripped up by the simplicity of small and simple.

In the book, Darren, the author, then goes on to share one of my very, very, very, very favorites.

It's called The Parable of the Magic Pennies.

And maybe you've heard this before, I think I might have actually even shared this on the podcast before, but it is definitely worth repeating.

So here is The Parable.

I'm going to read it again from the book.

Two choices.

I'll give you \$3 million in cash today, or I'll give you a penny and I'll double it every day for 31 days.

Which would you prefer?

Let's say you take the \$3 million now and your friend opts for the doubling penny.

You look pretty smart on day five when your friend gets 16 cents, and on day ten when he gets \$5.12.

20 days later and your friend is only up to \$5,243.

You're feeling pretty good.

Then the magic of the compound effect kicks in.

Fast forward to day 31.

Your friend gets \$10,737,480.24 to your three million.

That's the parable.

A penny is small and it is definitely simple.

Most of the time, we see a penny on the ground, and we don't even pick it up because we're just like, who cares?

It's just a penny.

But do you see how it magically adds up?

This is the power of small and simple.

Now, how do we use the power of small and simple things or the compound effect?

Something that feels insignificant and so subtle that the changes it brings is almost imperceptible.

Let me give you some ideas of how to use this.

If our goal is to improve our physical health, it could be something as small as drinking more water or replacing a soda with water or subbing out one processed meal for a non-processed whole foods meal.

Maybe it's cooking one thing from scratch or going to bed 15 minutes earlier.

Or it could be going for a walk on your lunch break instead of sitting scrolling on your phone, guilty.

Maybe your goal is a spiritual health goal, and if it is, then small and simple could look like reading one verse of scripture every day or implementing the practice of a one-minute prayer or a one-minute meditation.

It could also look like journaling one thing you're grateful for each night before bed.

If your goal is an emotional goal, it could be stop what you're doing and quickly do a body scan, where you just start from your head and work all the way down to your toes and you just feel what is going on in your body.

Or it could just be sitting with an urge for ten minutes.

It could also look like doing a quick two-minute brain dump.

Notice how all of these practices are small and simple, and they do not feel like a big deal in the moment.

One minute of reading scriptures or one verse of scriptures, easy, simple, very small.

But the magic happens when you practice them consistently over time.

The thing about this power is that it is always working.

You cannot do something, and it is also compounding.

If I were to eat ice cream every night before bed, it would have a serious compounding effect in my life and on my weight.

Don't be derailed by the easiness or that you don't see immediate results.

Know that it is working, and if you continue, it will compound and you will see big, great results.

And these results will last, which is exactly what we want.

I'm excited to share one more tool you can use to implement small and simple changes, but that's going to have to be for another episode.

For today, though, I want to leave you with a challenge.

My challenge is this.

Pick one small habit you could start or stop today, and then I challenge you to commit to it.

Now remember, the magic is in the consistency, so make sure that whatever you pick, it is something small and simple that you will do and you can do easily.

Remember, it's supposed to be subtle.

It's not supposed to be a huge endeavor.

So just pick one thing, consistently do it, and then in the next 31 days, look at that great compound effect, that magic that you have created.

By small and simple things, are great things brought to pass.

There is power in the small and simple.

You can do it.

I am cheering you on, and I'll see you next time.

Wait, don't go.

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