



UNDER HIS WINGS

SEASON 3

EPISODE 36—Becoming Part II

SHOW NOTE HIGHLIGHTS

Episode Show Notes

In this episode we expand on what "becoming" means. We share inspirational concepts that can help you create the life and relationships you want...by small and simple 1% improvements!

In this podcast we discuss on a deeper level what "becoming" takes, which is a process of time, commitment, and patience. We share some concepts that can help you "create" the life and relationships you want. As well as discuss how improved percentages not perfection is what we are seeking in this life as we progress along the path of discipleship.

Alma 37:6, "By small and simple things are great things brought to pass".

In the book "Compound Effect" by Darin Hardy, he teaches the concept of the Compound Effect. He defines this as, "The principle of reaping huge rewards from a series of small, smart choices." He gives the example through a story called Magic Pennies. Let's say you're given 2 choices: 1. To receive 3 million dollars cash today or 2. To receive a penny today and double that everyday for 31 days. Which would you choose? (Day 5=16 cents; Day 10=\$5.12; Day 20=\$5,243; Day 31=\$110,737,418.24) Take that penny!

The Brooke Snow Podcast episode 61: Floors and Ceiling: The Ceiling being the Big Picture...the Ideal...the highest version of ourselves. This is where we usually set our goals and aspirations. The problem is, what if we only have a ceiling? What if life gets hard, or trials come, sickness...unexpected things...or just days when we feel incapable? We may feel like a failure if we can't reach the ceiling on those days. We may want to give up on our goals. This is where having a floor is crucial. A floor gives you support when you need it. It's the tiniest version of your change of habit...the shortest version...the bare minimum of the goal you have set. That way on your worst days you can still accomplish the bare minimum and still feel some success which keeps you moving forward.

We learned as young mothers the law of percentages. We took parenting classes from Carleen Tanner and she reminded us that we didn't need to be seeking perfection, but percentages. Doing a little better in one area today than you did yesterday makes your percentage go up! It means you are improving!

Elder Dunn in October 2021 conference shared the story about the English biking team who had not excelled in biking for more than 100 years. As a matter of fact they generally did so poorly that some biking companies would not even sell them bikes for competitions because they feared it would be a bad mark on their brand name. But all that changed In 2003 when Sir Dave Brailsford became coach. He decided instead of trying to make huge changes and dramatic overnight turnarounds he would have the team focus on making small improvements in as many areas as possible. "The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1 percent, you will get a significant increase when you put them all together." So they started with things like equipment, fabrics, training regimens and then even worked to make small improvements in areas like nutrition and maintenance. The British cyclists who had never won a Tour de France have now won it 6 times in the last 2 decades and during the past four Olympic Games, Great Britain has been the most successful country across the board in cycling. (Talk: One Percent Better)

"Could aggregating small but steady *marginal gains in our lives finally be the way to victory over even the most pesky of our personal shortcomings?*"

"If you can get just one percent better at something each day, by the end of a year ... you will be 37 times better."

"... the one caveat with this approach is that for small gains to aggregate, there must be a consistent, day-in and day-out effort. And although we won't likely be perfect, we must be determined to mirror our persistence with patience. Do that, and the sweet rewards of increased righteousness will bring you the joy and peace you seek." <https://abn.churchofjesuschrist.org/study/general-conference/2021/10/54dunn?lang=eng>

The Law of Creation taught in the Brooke Snow Podcast Episodes 95-100. She says that we can create the life we want by doing 5 things: SEE, SAY, FEEL, DO and BECOME. First, to **SEE** something is to visualize it or perceive it in a positive way in our mind, which then determines what we **SAY** or think about that situation in our head. We need to say out loud what we see. Our words and thoughts, then affect the way we **FEEL** and what emotions are attached to that thing we are creating. And the way we **FEEL** directly affects our actions or what we **DO** and then ultimately who we **BECOME**. These elements then work together to create everything in our life. They can be used to improve our health, our business, even our relationships.



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President Nelson said, “Individuals choose everyday where they want to live eternally by how they think, feel, speak and act.”

Opposition must be taken into account during this process. If you plan for and prepare for the opposition that is guaranteed to come your way you will be more successful in accomplishing that which you set out to create.

Book Geri refers to: *The Anatomy of Peace: Resolving the Heart of Conflict*

The Maui habit was first taught by Dr. Fogg, a behavior scientist. A few years ago he was visiting Maui and a friend gave him a Ukelele with a note that said, “Every day is a gift.” It made such an impression on him that he developed this tiny habit and it made such a difference in his life he started teaching it to others.. All it is: Each day when you get up from your bed you repeat these words “ Today is going to be a great day”. This sets the intention for your day. Studies have found that this tiny yet powerful habit is successful because it is simple, is positively framed, and has a specific trigger. (When your feet touch the floor) You may forget about this thought during the rest of the day but your subconscious mind has absorbed those words and will start making the efforts needed to make the day great.