

Volume 12, Issue 11: Stay In The Game

I used to walk for slightly over an hour each day. I like workouts that are at least 30 minutes long. As a result, I used to look down on short workouts. My attitude was that of all or nothing, until I ran into a slack season. Then I realized that I was going to end up with very few workouts or none at all this season if I don't settle for a short workout when I am low on time or motivation.

A small doze of something that is good for you on a consistent basis is better than nothing at all in the hope of getting a big doze of it. I would rather squeeze in a 10 or 15 minutes workout every week day than have none for waking up late.

What are you putting off until your circumstances are better? What activities have you put on hold until you are in a position to give it your all? If you are waiting to get a raise before you can start saving, then you are not only lying to yourself, you are also wasting your opportunities.

If you have put pursuing your master's degree on hold until you have more time in your hands or feel like it, then you may wait a long time and delay your chances for career advancement. Do it small, until you can do it big.

If you are used to having long workouts or long walks, but currently can't seem to find the time or motivation to do it, settle for a shorter workout or walk in the meantime. Small is better than nothing any day.

A consistent flow of small drops of water into a large bucket eventually fills the bucket to the brim, to overflowing. Small consistent steps in the right direction will keep you in the game. Walk, until you can run again. Do it small, until you can do it big again.

Do It Small

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For His Glory,

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