

## The Compound Effect

Written by Lillian Chebosi  
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I listened to Darren Hardy's Compound Effect audio book a few weeks ago. The book is based on the principle that little, everyday decisions will either take you to the life you desire or to disaster by default. The book is a distillation of the fundamental principles that have guided the most phenomenon achievements in business, relationships and beyond.

The compound effect is the habit of reaping huge rewards from small, seemingly insignificant actions. It is about small habits done repeatedly over time that produce remarkable results down the road. The results are not immediate but they come without fail if you stay consistent in the right direction.

One of my examples of the compound effect is my exercise routine. When I started my fitness journey, I took longer walks and had longer workout sessions. After a long while, momentum kicked in. I still walk and workout 5 days a week, but not as long as when I started. I walk for half an hour and do a half hour strength training workout. With this shorter time, I have been able to maintain my ideal weight for years on end.

My small time investment to my exercise routine is a small, seemingly insignificant action. Yet I reap the rewards of agility and health, which I know will continue into the decades I have left to live as I continue with these practices into my sunset years.

It's the small decisions we make everyday that compound into success or disaster down the line. It could be your choice of healthier food options on a daily basis that are compounding into a healthy body that will serve you well for a very long time. It could be your decision to save a good percentage of your income every month that are compounding into financial independence in the years to come.

The compound effect does not fail to produce. We will reap what we sow. Take advantage of the compound effect by repeatedly and consistently undertaking the positive actions that are designed to produce the future you desire.

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For His Glory,

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