

Stay the Course

By BJ Gallagher

Our journey of life is about progress,
not perfection.

It's not about doing one thing

100% better -

It's a matter of doing 100 things,

1% better each day

Progress is evolutionary

not revolutionary,

and most days we measure our progress

in inches,

not miles.

What matters most

is showing up for your life

whether you feel like it

or not.

Ask yourself,

“What two or three little things

can I do today

that would move me forward?”

You'll be amazed

at how much distance

you can cover

by taking it in increments.

The little things add up;

the inches turn to miles;

and we string together our efforts

like so many pearls.

Before long,

look what you have -

A whole strand!

Ah... beautiful.