

## Chapter 1 : 5 little things that make a Big Difference - Born at the Right Time

*"Enjoy the little things, for one day you may look back and realize they were the big things." ~Robert Brault I believe life is in the details. Ongoing small gestures can mean so much more than one grand display of love. Simple pleasures throughout the day can be far more gratifying than one.*

Was there something you were not happy with, so you decided to "turn over a new leaf"? For many people, major changes in life begin with a huge rush of enthusiasm. Sometimes this can work. Too often, once that initial burst of energy being poured into making these monumental life changes slowly drains away. Many people discover that gradually as the focus of energy dissipates, they find themselves sliding back into those same habits and patterns which they are trying to escape from. This can be an extremely frustrating experience! The most difficult to change habit and the most insurmountable problems are both the inevitable result of the sum of all of your day to day experiences. Just as the internet is made up of millions of different computers all linked together to form a massive field of information, so to is your life built out of millions of interconnected memories and experiences. Your life is continuously being built out of tiny pieces of time. One small action connected to the next, and each one of these tiny pieces of your life combine into the whole web of who you are. Many years ago, a wise man in India who was living in some very troubled times wrote down these words: No matter how ingrained are your habits, no matter how deeply entrenched you are in your routines, at the close of every day you will be a little bit different from who you were that morning. The amazing thing is that you have the power to consciously decide in which direction you want that difference to be moving towards. Simply decide what it is that you want, and then take small, conscious steps on a daily basis. Just a dail series of steps repeated daily towards a conscious direction. So tomorrow as you go through your day, look at every action you do, no matter how small, take a note of every person you come in contact with from parents and children, bosses, workers, shopkeepers, strangers At the end of each encounter ask yourself. What will be the result of these actions repeated many times? It will be the time spent on becoming what we are that will make up our lives. If you enjoyed reading this article, please help spread "The Art of Happiness" philosophy by sharing a copy with any of your friends, family, and colleagues who you feel would benefit from it. You have permission to post this, email this, print this and pass it along for FREE to anyone you choose, as long as you make no changes or edits to its contents and digital format and you keep all of the pictures and links intact and you keep all of the pictures and links intact. S If you wish to receive articles about "The Art of Happiness" on a regular basis, please visit this link to subscribe. Would you like to receive these four classic inspirational ebooks for FREE? Acres of Diamonds A wonderful fable about a search for a dream only to discover it was in the back yard. This inspirational classic is a must read. How to be Happy This book has a step by step approach towards things you can do to bring more happiness into your life. Think and Grow Rich One of the greatest books ever written about how to get what you really want. Richness is far more than just having money. Simply fill out the form below to share this article with some of your friends and family, and as a special thank you for spreading the ideals of love, happiness and inspiration, you will automatically be redirected to a page filled with these inspirational free ebooks for you to download and enjoy. If you wish to receive more inspirational articles, special offers on artworks, regular free ebooks, and instant access to many more free happiness resources subscribe to our free happiness ezine.

## Chapter 2 : 40 Little Things That Make a Big Difference in Your Day

*Sometimes we need a moment to step away from the "big picture" and focus on the little things, the important things, and those seemingly trivial things that need our attention right now. The "little" things are generally not difficult they just take a little extra time and demand a little extra effort.*

You even skipped the biggest barbecue party of the summer because it was two nights before your big race the most important night of sleep. The only room for error is misfortune flat tire or bad weather , right? Here are five important practices that are often overlooked on the way to the start line. Do you have a spare tube and a CO2 cartridge in case of a flat tire? Do you have an extra pair of goggles? Do you have body glide to ease out of wetsuit transition and prevent chafing? Are your shoes laced with the elastic laces for easy on and off removal? Are the laces so tight they are going to create a bruise over the top arch of your foot? Ladies, do you have extra tampons in your bag in case of a race morning surprise? If you are using deep dish wheels, be sure to bring the adapter to pump your tires. Have you rehearsed the steps in your mind? Entering the water is really your first "transition". Get in the water for a short warm-up even if just for a few bobs before the start of the swim. This helps your body get accustomed to the temperature of the water, which helps pave the way for a calmer swim start. Remember, excellent transition times can be the difference between several age group places. Be sure to eat your dinner low in fiber about 12 hours before your wave starts so that your body has time to digest it all. If you can manage getting up early enough, eat your breakfast about two to three hours before the start of your race. Make sure your bottles are full of the fuel you used in training. Pack extra gels that you know your stomach can digest. Depending on the heat and length of your race, you should have a couple of electrolyte tabs on hand, too. Before your race, draw up a nutrition map. Do you know where the hills are located? How about the wicked potholes and the sharp downhill turns? Then scope out the swim course and take a mental note of where the main buoys are located. I like to run the last meter stretch before the race so I have a good reference for when to pick up the pace. Avoid over analyzing the way your body feels the week before the race. When you get to the race, keep your "blindens" on. I like to draw out my own "word map" of the course. What am I going to tell myself when I get to point "X"? Being mindful of the details can help prevent things like getting a DNF Did Not Finish due to a flat tire, panicking in the water, bonking, getting lost, or mentally cracking. Simply plan ahead and keep your mind in check.

**Chapter 3 : She Builds Her Home: Little Things That Make a Big Difference In Your Marriage**

*But in an era of low growth, it could be the little things that make a difference. It is, for example, not impossible to see the potential of the HMRC approach for businesses struggling to make.*

Ongoing small gestures can mean so much more than one grand display of love. Simple pleasures throughout the day can be far more gratifying than one amazing weekend. When you connect the dots between all these little joys, life seems fuller and more satisfying. Cuddling in bed in the morning. A smile from a stranger; give one and you may get one. Children playing, reminding you to be joyful. Pass the park on the way home. A small gesture of kindness from someone who loves you. Your music, when you want it. Pull out your iPod and enjoy. Nothing invigorates a day like the feeling of sunlight on your face. Five minutes of deep breathing. An embrace that lasts just a little longer than usual. Can you fix that leaky faucet on your own? A small change to your routine to make your day feel exciting. An opportunity to be creative. Start a journal or a scrapbook, or get creative a routine task at work to make it more exciting. A snack or beverage you savor. You know how that girl in the commercial seems to get way too much pleasure from a foamy latte she made at home? That girl could be you. The moment after the rain stops. Everything smells clean, fresh, and revitalized. The benefits of loosening your muscles exceed enhanced relaxation. A beautiful sunset or sunrise. Playing a game you loved as a child. Pull out Candyland and tap into the simplicity of childhood. An extra half-hour of sleep. Hit the sack a little earlier one night and see how this changes your day. A spa-like shower experience. Remember that commercial reference I made before? You too can get way too excited washing your hair with Herbal Essences shampoo. A thoughtful question from a friend. How beautiful that she cares to know. Organic food has higher nutrient levels and lower pesticide residues—and it often tastes better than non-organic food. A long phone conversation, like you used to have in junior high. Curl up with your cell, call a dear friend, and start reminiscing. Petting an animal is actually quite meditative. An extra dollar in your pocket. Bring lunch from home and put your usual lunch money aside for a rainy day. Leave a ten in your coat pocket and then forget about it. Future you will be pretty psyched. Receiving a hand-written letter. A sweater straight from the dryer on a cold day. If you can push a button, this simple pleasure can be yours at any time. A smell that evokes a visceral reaction. Does lemon pie make you think of your grandmother? Head over to the bakery and lurk. Something so funny it makes you laugh out loud—not in LOL form. Feeling someone take your hand in theirs. Reach out and touch someone. Watching your child learn from watching you. An itch you can actually reach. I adore my wooden back scratcher. A new recipe that comes out perfectly. Ask your friend for one of her favorites. A home remedy that works better than the store-bought solution. The feeling of sand between your toes. If you live near a beach, set aside some time to walk it. A small gesture of support. A hand on your lower back. A tight squeeze of your hand before you get up for your speech. Extending a small courtesy and watching the effect. The list can go on and on. Have anything to add? This post was originally published on January 15,

**Chapter 4 : Little Things Make a Big Difference! | Kendall Bridges**

*Difference, Little, Big, Things, Make I love pampering myself, so going for a massage or getting a mani-pedi makes me feel instantly better. When my nails are done I feel so much better - it's the little things that make me so happy, and you literally feel polished.*

At least not in person. So you might find it strange that her announcement would fill my eyes with tears. Because that sweet girl is soon to be married and everyone around here is rejoicing with the news. As soon as I heard their news, I began wondering what kind of gift we could give the young couple. Something special and something lasting. What could I offer that would hold real meaning as they begin their lives together? But I was sort of stuck and could only think of all the little things. Those tiny moments that go so far into making up a loving marriage. A lifetime of love and joy. Those small treasures that remain long after the wedding day. Nothing grand or fancy. Just a few little things that can make a big difference in your marriage. When he comes home. When he enters the room. Offer a kind word. He will always be grateful for a kind wife. For him and for the life you get to share together. Look at the bright side. Focus on all that is good and right. Shrug off small annoyances. Let those irritating habits bounce off of you. Whenever you get the chance. Pray for each other. It really does make a difference. About his day, his worries, and his dreams. Kiss on the lips. Like you mean it. Give a soft answer. Which turns away wrath. Far from the world and its pressures. Just the two of you. With all your heart. Light up whenever you see his handsome face. Put it completely behind you, never to be brought up again. Every chance you get. Rather than tear down. For the rest of your lives. I pray that the Lord fills your marriage with a strong sense of His presence, purpose, and joy. That your love for each other will be deep and abiding. That together you will be a bright light to a dark world who so desperately looks for that kind of true love. Do you have anything to add to this little list? Any other blessings to pass on to Jayme and her fiance?

**Chapter 5 : 5 Little Things That Make a Big Difference on Race Day | ACTIVE**

*The Tipping Point: How Little Things Can Make a Big Difference [Malcolm Gladwell] on calendrierdelascience.com*  
*\*FREE\* shipping on qualifying offers. The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips.*

I always love keeping a gratitude log because it really helps me to center my day on the good things. Day by day things become a little more positive. The little moments really do make the whole day better! I was surprisingly excited each time I got a new email with numbers. I was reading *The Proposal* by Jasmine Guillory. I also took note of being grateful for her as an author. Bringing diversity to the romance genre. So grateful for him. Tuesday Day Off " I always enjoy my day off! Catching Up on Reading " I was feeling behind, but am back into the flow of reading! I love it so much that I am going to have trouble parting with it. It feels good to be creative! Productivity " I love getting things done on Tuesdays! It was brief but they were both so cute! I finally reordered it" and it was worth the wait. I know it will feel long, but it is lovely so far. Today I finally took the bus and walked again. I ran into a lovely elderly gentleman and his dachshund who made everyone smile! Reading " I started a book on a whim. Target " It had been a while since we did a Target run! There were impulse buys" I may or may not have decided to pick up all of the books that I read pre-publication and take photos with them 10 total. We were so glad to make a trip out there, explore in the gorgeous cold gloomy weather, and spend time with his grandparents. We hope our meals showed how grateful we are for them. Even if our potatoes were a little lumpy and our bacon cooked strangely! Sunday More Farm Time " we enjoyed breakfast together and a nice morning walk before heading home. More Disney Music " why yes, it has been stuck in my head all week as a result" More Reading " I knocked out an entire book in an evening. Always a good way to end your week. What are you grateful for this week? Responding to week Alexandra Alexandra is often found with her nose in a book, fingers caked in glitter, and watching period movies. She married her high school sweetheart and plays cat mom to Scalawag and Duchess.

Chapter 6 : 26 Little Things That Changed History Forever | Mental Floss

Source: [calendrierdelascience.com](http://calendrierdelascience.com) "Let the lifting up of our hands fire into our lives" *Little Things That Make a Big Difference in Your Worship* - Noah.

To be successful they have to excel at both the big things, like producing extraordinary results, and the little things, like communicating in a style where people feel valued and cared about. There are those who would argue that many of the attributes that people call little, actually have a big impact in the success of a leader. Here are a few of the little, or maybe not so little, things that we have seen get leaders into BIG trouble:

Blowing up over stupid stuff: All the stuff in between is little stuff. Trusting people is a little thing, but has a huge impact on how people are motivated to work for a manager. Although others may say this attribute is a little thing, most great leaders know that people live up to the expectation you have for them. When you believe that people are good and their intent is positive, most times people will not let you down. Telling a little white lie: Lies are never good. But, when you start circling the wagons and really trying to understand why a manager said what they said which everyone else interprets as a lie, most times you will find that the manager was saying what they said to tell the person what they really wanted to hear. Here is a great point to remember about great leadership: Not giving credit to the rightful owner of the work: Great leaders remember that all the work is usually done by someone else and that they deserve the credit. Focusing on stupid stuff like gossiping and not on the real issue: Managers who focus on gossiping are focusing on the wrong problem. Gossiping is never the real problem. The real problem is two-fold. First, the employee does not have enough work to do. And second, the employee is not held accountable to producing the desired results. Either way, the real problem rests with the manager and not the employee. Needing to know all the details: On a flight yesterday, a senior level manager told me that another senior level manager had asked him to not send any emails without copying him. The concern I have is that if you are inundated with an inordinate amount of emails because of your desire to know everything, you most likely will not have the time to get your most important work done. Take pride in using this line. When you think about the word leader, it means someone is following you. If no one is following you, then you are not a leader. Give credit where credit is due. If no one shows up to work, you then can claim success for all the results. If people show up for work, follow you and produce great results, give them the credit. Alright, enough of the little negative things that get leaders into big trouble. Focus on what is really important: It may be collecting unused PTO from team members and it may be picking up tasks to ensure the results are successful. This is one of the greatest moments for a leader to really shine. This is so small and so simple, but thank you notes are uncommon and have a huge impact when they are received. Ask how you can help or support: Give your undivided attention: When anyone speaks to you, looking them in the eye and giving them your undivided attention tells others that you really do care about them as a person and you value their opinion. But, doing a great job listening, asking questions to verify and clarify understanding, and then acting on what you have learned is one of the most powerful relationship building skills known to mankind. Mentors care about their mentees so much they are willing to devote the time and energy to see people grow and develop. This is such a powerful leadership skill because everyone on the team knows that managers probably have better things to do with their time, like produce results. When they take time away from producing short term results and focus on long term results—“including developing people on their team”—leaders score huge points for caring about the people they lead. This is another point that sounds so easy. But, here is the challenge. As a leader, you get zero points for being supportive when it costs you nothing to be supportive. I need to go on the record and tell everyone that I supported John on this initiative. I thought it was worth the chance of having success. I have also encouraged him to not stop trying to be innovative and implementing new ideas. I am confident that one of these ideas will lead to huge success.

## Chapter 7 : Little Things Make a Big Difference - Year of Gratitude

*67 Bible Verses about Little Things That Make A Big Difference Luke ESV / 26 helpful votes Helpful Not Helpful "One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.*

Sometimes we get so caught up in the big things and the big picture that we are overwhelmed by it all. Sometimes in our marriages we feel like everything is piling up and there are all of these huge overwhelming things going on not always necessarily bad things. What we fail to often see is that there are so many little things we can be doing each and every day with our spouse that can be a big difference within our marriage. Say "I Love You"--My husband is the best about this. He always says I love you. Whether we are on a 2 second phone call to confirm plans or he is leaving for the day, he always, always says it. It just brightens up your mood every time. Say it like you mean it and say it often! Greet them when they walk in the door--This is something I almost had to teach myself to do. My husband almost always gets home from work when I am cooking dinner or changing a diaper or doing some chore and it is so easy to just yell a "hey! It makes a HUGE difference to show them that you missed them while they were gone and are happy they are home. Hug--I feel like hugging can easily be one of those things you just stop doing after awhile. Or forget to do. It can really make you feel connected. If you have kids, taking time to hug in front of them can always show them that your marriage is a top priority and shows them that mom and dad love each other. I know my husband really appreciates the rare occasion where I get up and make him a nice breakfast before church. It makes my day when he unloads the dishwasher. Little things like that each day can definitely show your spouse how much you care for them. What little things do you do in your marriage to make a big difference? Since we are talking about marriage, I want to give a big shout out to my sweet husband, whose birthday it is today! I am so thankful for him today and every day but especially love celebrating him on this day each year!

## Chapter 8 : Small Things Making A Big Difference Quotes, Quotations & Sayings

*Little Things Make a Big Difference! It is ordinarily not the "big" things that start destroying a marriage. It is the consistent oversight of the "little things," which then become big things.*

## Chapter 9 : Inspirational article - Little things make a big difference

*Little Things That Make a Big Difference In Your Marriage Life and marriage can be overwhelming sometimes. Sometimes we get so caught up in the big things and the big picture that we are overwhelmed by it all.*