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IF YOU HAVE  
**TWELVE MINUTES A DAY**  
YOU CAN CHANGE YOUR LIFE

# When we get in our own way



WE THINK TOO SMALL



AIM AT THE WRONG  
THINGS



FAIL TO RESOURCE OUR  
PLANS

# Rolling Stones Principle, *Modified*

*You can't always get  
what you want, but  
you can make what  
you need*

Dream

**Set an intention.** It takes the same work to do a big thing as a small thing.

Decide

**Choose the process,** not the end result. You can control your effort, not the outcome.

Do

**Just start where you are,** and ship it. It doesn't have to be perfect. Do what can gather momentum.



I started with a blank notebook. Then another....

I wrote and published a book (and started a publishing company).



**“A thoughtful set of works with moments of wisdom.”**  
– *Kirkus Review*

Look for *The Journey's The Thing* to be included in the October 1 edition of *Kirkus Magazine*!