

## *Chapter 1: S*

### *How to make your goal Small*

#### **Size is a matter of perspective**

The world is a big place. It may feel small today, due to the ease and speed at which we can connect with others and access information. But our blue planet is a mighty structure, housing the lives of seven billion people. The earth spins constantly, moving through the seasons, surprising us with weather events and disasters of its own choosing, but on the other hand providing us with an abundance of natural resources. Granted we have not perfected the way in which we treat our planet and use our resources, but when you stop and think about the unique combination of elements our world provides us with, it really is a mysterious miracle of creation. When you take all of this into account, the world seems extremely big. That's because it is . . . isn't?

But now, see the world as if you were looking down at it. You're hovering above the atmosphere, gazing down on the planet from space. Slowly, see and feel yourself moving away from the planet, drifting through space. You're passing the moon now, and can still see earth, but it's gradually getting smaller. Now you're passing our neighbouring planets, and the earth is a blue circle in the distance. Move past the sun, and our world is a dot you can just manage to see.

Continuing on your journey, you're leaving our solar system, and you have to strain your eyes to see our world as it gets smaller, and smaller. You've gone even further now, beyond our galaxy. Somehow you can still see the planet earth, but it's merely a blue speck millions of miles away. Stopping, you hover there in space, surrounded by a never-ending blackness, and billions of stars around you. From here, your perspective

is so huge you can't help but realise how tiny, small and insignificant the world seems from this point of view. And the truth is, our planet really is just a tiny molecule in the Universe; fragile, vulnerable and lonely.

It's interesting how our perspective can be changed quite quickly, as this visualisation exercise would have just demonstrated to you. Picturing that perspective in your mind just now, did it make the world feel small? Did it make you feel small? It should have and if it didn't, I've got news for you—the world is small in relation to the Universe and you are a small being too. That's not an insult, but it helps to occasionally remind ourselves about The Bigger Picture; broadening your perspective on the world, life and where you fit into it. Doing this can be very humbling, keep us grounded and empower us to not get bogged down by the trivial, minor and incessant worries and troubles of life we tend to be consumed by.

## **When starting out, start small**

Even though we're all small in the scheme of things, each of us have the power and ability to make a big contribution to our own lives and the lives of others. It's fitting then that when you embark on the journey of setting and pursuing goals, you should always start out small. Why?

It's natural for us to get overwhelmed. We dare to have big dreams but shy away from taking massive action. We want to make a difference in the world but feel the problems of the planet are too large to handle. We may feel larger than life in our minds and hearts, but life is still bigger than any of us. One person can make a massive difference and lead others to do the same, but that leader must start out small. A tree that is over a hundred years old stands tall and mighty, but it didn't grow to that size overnight. It started off as a seed in the ground, and over time and constant attention, became what it is today.

Small things can be built upon over time. Nothing large can remain that way if it is assembled quickly. You may feel capable of achieving big things quickly, and you could go all Gung Ho into something new and do well in the beginning. But without putting the necessary supports in place to invest in the growth of your venture early on, it will soon crash and burn, and bring you down with it. You may have heard stories of entrepreneurs making a commitment and excelling very quickly and very early on. At some point down the line, they can fall into a heap, physically and mentally. Ascending so quickly, that they have forgotten to pause and reflect, nurture themselves, refocus their perspective and remind themselves of their weaknesses and vulnerabilities. No matter how successful, well adjusted or self-actualised an individual may appear to be, we all have flaws and insecurities that can still bring us down. We're only human after all.

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