

THE POWER OF HABIT

Given the opportunity, would you prefer \$2.5 million in cash today or a penny that doubled in value every day for a month?

The wise would ask what month. Things start off slow, doubling down on the penny - 0.01¢, 0.02¢, 0.04¢, 0.08¢, 0.16¢, 0.32¢, 0.64¢. After 7 days, the dollar remains elusive. Don't give up though. It takes time for little things to add up to BIG things.

If the month was February, Day 28 lands on a total of \$1.34M. Short of the \$2.5M, yes, but not a bad turn out for a penny.

On Day 29, the penny leaps to the win amounting to \$2.7M. 30 days cashes it out at 5.4M. 31 days produces a coin count of \$10.8M.

Surprised? Einstein wouldn't be. He said compounding interest is the most powerful force in the universe.



This compound power is harnessed for your health whether you know it or not. Time is the major ingredient in the compound effect. What is life but a journey through time? Walking the lifeline from birth to death, time is the one thing you've got. Are you making the most of it?

Enter James Clear, author of the bestseller, Atomic Habits. Within the pages of this life-changer, he describes habits as the "atoms of our lives." Habits are the doubling penny! An atomic habit is a tiny routine that seems insignificant but builds by the power of consistency to fuel outstanding results. Habits are the key to compounding health for better or worse.

Remember, it takes time for little things to add up to BIG things. One cigarette doesn't create lung cancer. A random night of gorging at the dinner buffet isn't the cause of obesity. Similarly, lifting weights one day after work will not make you stronger nor will a single run produce cardiovascular fitness. The critical ingredient to breaking down or building up your health is repeated action.

What habits are the pennies of your health compounding daily? You may think you're cheating the compound effect with destructive habits or be frustrated by not seeing positive gains from your good behaviour? Lack of results doesn't mean your actions aren't adding up. The Plateau of Latent Potential is masking your deeds. The energy of your efforts is being stored.

Imagine rubbing two sticks together in an attempt to start a fire. You rub and rub...and rub and rub...nothing. Your efforts aren't wasted. Energy is accumulating with each rub.

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The temperature is rising... 100°C, nothing, 200°C, only the heat radiating from your body, 299°C, still no flame but 300°C and fire is born.

Ignition happens when the accumulated potential energy pierces the plateau of latent potential. Until then, there is no outward sign of the inward changes. "It's a hallmark of any compounding process: the most powerful outcomes are delayed." (James Clear)

Consider your current eating, moving, and sleeping habits. Are they going to pay you the dividends you desire? Use your time wisely. Compound the best you've got today for the BIG win tomorrow.

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