

Small is Big -

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The Journey of a single thought

Think of mind as akin to a beautiful garden



- Positive thoughts are the seeds that will grow and beautify the garden
- Negative thoughts are the weeds that require removal
- Habits are like the water and fertilizer that will foster an environment of growth for the seeds

Three ways to alter negative thoughts

01

Reframing –

Ask the question – What is the position intention of this situation/person that I need to understand

02

Practicing gratitude

Gratitude cast a positive light on negative situation

03

Harnessing resourceful memories –

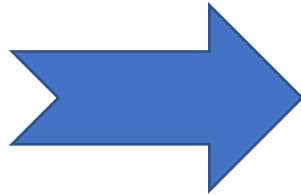
Examples

- What positive memories can I harness for my company ?
- What positive memories can I harness for my manager ?
- What positive memories can I harness for my spouse

Small changes in habits create a domino effect

The Five Pillars

1. Work
2. Personal finance
3. Family
4. Physical Health
5. Mental Health



- a) Choose 1 pillar
- b) Under the pillar list the problems currently experienced
- c) List the benefits of tackling the problem
- d) For elements identified under (b) and (c) what's one thing you could Start and/or Stop doing
- e) Continue repeating the action for 66 days until it becomes a habit

Three levels of Gratitude



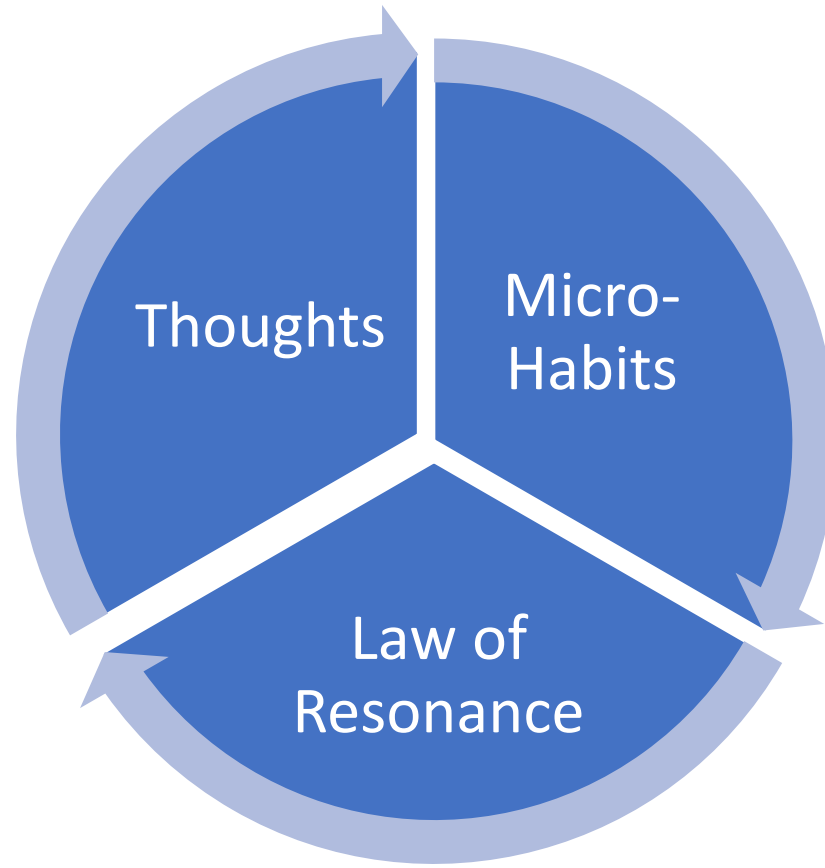
Law of Resonance

Whatever is happening in our lives is governed by a small but compelling percentage of our innermost self.

Like a pendulum, each of us resonate at a specific frequency, which causes certain kinds of benefits and problems.

Acknowledging and taking **responsibility** for that small percentage within ourselves that is the root cause of the different happenings in life

Small is Big : Transforming Life



Framework: Small Wins

Small: Divide Big Goals into small steps

Specific: Get clarity on date & ownership

Smile: Celebrate with smile – completion of specific goals



Seven Tools of Productivity

1. The Pareto Principle
2. The Rule of Three
3. The One Thing
4. The Eisenhower Matrix
5. Power Time Capsules
6. Mind Maps
7. Checklists

Great quotes from the Book

- We are nothing but a bundle of memories. When we harness a positive memory, happiness and joy become inevitable

Thank You



SHRINIVAS SATHYA SUSARLA

- Disclaimer: 1. This is just a summary; for better understanding, highly recommend reading the full book
2. The summary is based on my learning, what resonates with me after reading the book
 3. Please excuse for any errors or mis-representation