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MAKING A ONE-DEGREE SHIFT

Often we think that success comes from sweeping change and lofty targets when really, it is the ability to remove friction and constantly learn, grow, and pivot that truly helps us realize and reframe what success looks like. When making your one-degree shifts, consider these five questions, and try working through your own one-degree shift!

01 WHERE IS THERE FRICTION?

What just doesn't feel right?

02 WHAT HAVE I DONE ABOUT IT THAT ISN'T WORKING?

If there is a quick fix that you've tried, what was it?

03 WHERE IS IT GOING WRONG?

You've tried it and it isn't working. Why?

04 WHERE IS THAT REALLY GOING WRONG?

What might the true root of the friction be?

05 WHAT IS THE SMALLEST VIABLE CHANGE WE CAN MAKE?

Think small. What one-degree shift could you make?