

# Small changes = big impacts

You may feel as if you have to make a big change all at once. But it might be easier to think in terms of making little changes over time.

For example, if you want to:

## Practice

Get better at a hobby —  
Practice an extra 10 minutes  
a day



## Save

Save an extra \$1,825 each year —  
Cut your spending by \$5/day

## Get fit

Take in fewer calories —  
Eat slower from a  
smaller plate



## Learn

Advance in your career —  
Learn a new skill each month

## Connect

Keep in touch with friends  
and family — Call someone  
every week



**Resources for Living**