



“Put your heart,
mind, and soul
into even your
smallest acts. This
is the secret of
success.”

Swami Sivananda
Spiritual Teacher
(1887-1963)

Often when we think of success we think about our biggest accomplishments. The projects we have dedicated many hours to and have focused very intently on. These projects require us to invest most of our time and energy on. And once we complete them, we feel a great sense of satisfaction. But we cannot underestimate the importance of having the same level of commitment to the smallest action

Reflect on all the actions you perform in a day, from waking up to falling asleep. Identify how each act is shaping who you are. Start by being mindful when you eat, and take a moment to reflect on its importance. We often eat in between meetings or tasks, and do not focus on the act of eating. Yet this is a sacred moment - we eat food for the nourishment of our bodies and it fuels our day.

Being actively engaged throughout our day shapes our character and our perspective. We can often go through our day on autopilot, completing task after task. But each and every moment of our day is sacred and we benefit greatly from devoting our heart and mind to them.

What is one small act you can do today that will have a big impact?