



VeteranCaregiver.com Video Resource

Recommended Resources: Slight Edge Philosophy

Slight Edge Philosophy The premise made by Jeff Olson and many other successful people that if one makes small, good choices every day, that over time, the small changes add up to large gains (health, purpose, business, life).

Importance to CGs As a caregiver, you are seldom given the opportunity for huge changes in your life due to the schedule of others' for whom you care. Yet, if you choose to make small, good choices each day about your health, your finances, your personal relationships, your time, and more – you will find that these good choices add up to larger positive changes.

Listen & Learn The Slight Edge, by Jeff Olson is a very easy, short audio book that can be downloaded free on Pinterest or your library. You can listen on your smartphone at the VA, in the car, waiting at school. Borrow the CD's from the public library to play at home or in the car. Absorb the philosophy, then try it in various aspects of your life.

Slight Edge Areas

- Nutrition: try making small healthy choices each day
- Exercise: work to add exercise, walking, stretching daily
- Weight loss: make small substitutions for gradual change
- Relationships: change communication in small ways
- Finances: consider spending less with more thought
- Family & Friends: ponder small changes for more joy
- Boundaries: make small adjustments for growth
- Gratitude: notice the small things that make your world brighter and more fulfilling

Slight Edge Quote “The truth is, what you do matters. What you do today matters. What you do every day matters. Successful people just do the things that seem to make no difference in the act of doing them and they do them over and over and over until the compound effect kicks in.” - Jeff Olson, [The Slight Edge](#)

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