

BE GREATER

A DAILY PRACTICE IN BECOMING



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BAILEY ELLIS

A NOTE FROM BAILEY

I created BE> from a simple belief: becoming greater isn't about becoming better than someone else. It's about becoming greater than the things that keep you from becoming who you're capable of being.

Fear.
Doubt.
Expectations.
Comfort.
Failure.
Comparison.
Yesterday.

Some days you'll confront something obvious. Other days, the thing standing between you and your next level may be something you've carried for years.

This book isn't asking you to change
your entire life in a day.
It's asking you to consider what you can choose today.

One thought.
One action.
One question.
One day at a time.

BE greater.

HOW TO USE THIS BOOK

BE> is a daily practice.

You don't have to read ahead.
You don't have to agree with every thought.
You don't have to change everything at once.

Each day gives you three things:

READ
A thought to consider.

DO
A small action to put the thought into practice.

ASK
A question to take with you.

Give yourself a few minutes each day.
Read it.
Sit with it.
Do something with it.
Then come back tomorrow.

The goal isn't to become someone else.
It's to become greater than what stands
between you and who you're becoming.

That's enough.

DAY 001



DOUBT

Doubt asks, “What if you fail?” Growth asks, “What if you don’t try?” You don’t need certainty to begin. Sometimes confidence is simply believing you’ll figure it out.

DO

Take one step toward something you’ve been questioning.

ASK

What would I attempt if doubt couldn’t make the decision?

DAY 002



OVERTHINKING

Thinking can prepare you. Overthinking can paralyze you. At some point, another thought won't give you the answer. Action will.

DO

Make one decision you've been unnecessarily revisiting.

ASK

What am I waiting to know before I move?

DAY 003



NEGATIVITY

Your mind becomes familiar with whatever you repeatedly feed it. Pay attention to the conversations you're having with yourself. You deserve honesty, but you also deserve encouragement.

DO

Replace one destructive thought with a constructive one.

ASK

What have I been telling myself that I no longer believe?

DAY 004



DISTRACTION

Everything competing for your attention isn't worthy of it. Your attention is one of the most valuable things you own.

DO

Remove one unnecessary distraction today.

ASK

What deserves more of my attention?

DAY 005



CONFUSION

You don’t need the entire map. Sometimes clarity arrives after the first step, not before it.

DO

Move forward without having everything figured out.

ASK

What might become clearer once I begin?

DAY 006



WORRY

Worry spends today's energy trying to control tomorrow. Preparation can help you. Worry rarely does.

DO

Separate what you can control from what you can't.

ASK

What am I carrying that isn't mine to carry?

DAY 007



COMPARISON

Someone else's success doesn't make yours smaller. Their timeline isn't yours. Their gift isn't your assignment.

DO

Celebrate someone else's progress without measuring yourself against it.

ASK

Who am I comparing myself to?

THAT WAS YOUR FIRST WEEK.

358 more days of thoughts, DOs, and ASKs are waiting.
Start any day. Start today.

Get the full book at

frombailey.com/books

What are you ready to BE greater than?