



The Extra Mile

Ross Harvey

Books by Ross Harvey

- Come Away With Me
- Rebel With A Cause
- The Wizard of NDG
- It Happened in NDG
- Guided By Grace
- Recreating Eden
- Athletics in Eden
- Healing The World
- Honouring Noah
- The Book of Ross
- Understanding Me
- Everything Happens for a Reason
- The Master Plan
- Everlasting Peace
- Imagination is Everything
- What the World Needs Now
- The Never-Ending Quest
- Eternal Soulmates
- Transcendence
- A NuVo World
- Imagine Again
- Let Go and Let God

All available on Amazon worldwide.

<https://www.amazon.com/author/rossharveyg3>

Introduction

Standing on the Shoulders of a Giant

More than twenty-five years ago, I picked up a small book that would quietly change my life.

That book was *10 Secrets for Success and Inner Peace* by Dr. Wayne W. Dyer.

I have read countless books on spirituality, personal growth, psychology, leadership, and human potential. Many have challenged me. Many have inspired me. But no book has remained as consistently close to my heart as Wayne's simple masterpiece. It has accompanied me through seasons of triumph and seasons of uncertainty. Every time I return to it, I discover something I somehow missed before.

Wayne possessed a remarkable gift. He never made spirituality feel distant or complicated. He reminded us that success is not measured by wealth or status, but by the quiet peace we carry within us. His words gently pointed readers back toward love, forgiveness, purpose, humility, and the Divine presence that has always been available to us.

This book exists because of that gift.

It is not intended to replace Wayne's work, improve upon it, or imitate his voice. No one could.

Instead, I hope it serves as a companion for those who finished his book and quietly wondered, "Where do I go from here?"

For me, Wayne's ten secrets were never the end of the journey. They were the beginning.

Over the years that followed, life became my classroom. Success taught me. Failure taught me even more. Relationships revealed my strengths and my weaknesses. Loss deepened my gratitude. Joy reminded me to remain childlike. Faith taught me that many of life's greatest miracles arrive only after we surrender our need to control them.

Again and again, I found myself returning to one simple realization:

The spiritual path always has another step.

There is always another lesson in love.
Another opportunity to forgive.
Another invitation to trust.
Another chance to become more fully ourselves.

That next step is what I have come to call "the extra mile."

The extra mile is where compassion becomes a way of life.
Where peace begins to influence everyone around us.
Where service becomes a joy rather than an obligation.
Where gratitude replaces entitlement.
Where our presence becomes more important than our accomplishments.

These pages are an invitation to continue walking.

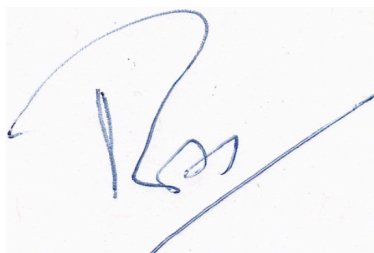
If Wayne's beautiful book helped you discover success and inner peace, then I hope this one encourages you to continue growing beyond them—not by striving harder, but by living more gently, loving more deeply, trusting more completely, and recognizing that the greatest journey any of us will ever take is the one inward.

I remain forever grateful to Dr. Wayne Dyer for lighting a path that has illuminated the lives of millions of people, including my own.

May these pages simply help keep that light shining a little farther down the road.

Welcome to the extra mile.

All my love,

A handwritten signature in blue ink, possibly reading "Ros" or "Rosa", followed by a long horizontal stroke.

MILE ONE

Success Was Never the Destination

The Secret

**Success is not measured by what you accomplish.
It is measured by who you become while accomplishing it.**

There is a quiet misunderstanding that has shaped much of modern life.

From the time we are children, we are taught to strive.

Earn the highest grades.

Win the competition.

Build the successful career.

Buy the beautiful home.

Accumulate enough that one day we can finally relax and enjoy life.

None of these aspirations are wrong. In fact, many of them are worthwhile. The problem arises when we begin believing that our value depends upon achieving them.

Without realizing it, success becomes a destination just over the next hill.

"If only I could earn a little more..."

"If only I could lose a little weight..."

"If only I could retire..."

"If only..."

Life quietly becomes postponed.

Yet if we pause and look around, we discover something remarkable.

Some of the happiest people we have ever met possess very little.

Some of the wealthiest carry burdens that money has never been able to lift.

Some of history's most influential men and women died with modest possessions, while leaving behind immeasurable riches in the hearts of others.

Perhaps success has been asking us the wrong question all along.

Instead of asking,

"What have you achieved?"

Life asks,

"Who are you becoming?"

That question changes everything.

Imagine reaching the end of your life having built a remarkable career, accumulated impressive wealth, and received countless awards—but discovering that you had never truly learned to forgive, to listen deeply, to love generously, or to experience peace.

Would those accomplishments feel complete?

Now imagine another life.

A schoolteacher who encouraged thousands of children.

A neighbour who always made others feel welcome.

A parent who loved faithfully.

A volunteer who quietly served without recognition.

The world may never write books about them.

Yet Heaven surely smiles upon such lives.

The older I become, the more convinced I am that success leaves fingerprints not upon our résumé, but upon the people whose lives have been touched by our kindness.

Our accomplishments eventually become history.

Our character becomes our legacy.

Dr. Wayne Dyer reminded us that inner peace cannot be purchased or achieved through external success.

I believe there is another step waiting beyond that beautiful truth.

When peace begins to fill our hearts, it naturally overflows into the lives of others.

The journey is no longer about becoming successful.

It becomes about becoming useful.

Kind.

Patient.

Courageous.

Compassionate.

Trustworthy.

Loving.

Ironically, those who pursue these qualities often discover that outward success follows naturally—not because they chased it, but because people are drawn to those who genuinely care.

Perhaps the greatest achievement any of us can hope for is wonderfully simple:

To leave every person we meet feeling just a little more hopeful than before they met us.

If we accomplish that, we have already become extraordinarily successful.

Living It

This week, resist the temptation to measure your day by productivity alone.

At the end of each evening, ask yourself a different set of questions:

- Was I patient today?
- Did I encourage someone?
- Did I listen more than I spoke?
- Did I leave someone smiling?
- Did I become just a little more like the person I hope to be?

Notice how these questions quietly change the way you approach the next day.

The Science

Research in positive psychology has consistently found that lasting well-being is more closely associated with purpose, meaningful relationships, gratitude, and acts of kindness than with income or status once our basic needs are met. Success contributes to happiness, but character, connection, and purpose sustain it.

Perhaps our hearts have always known what science is now confirming: becoming a better person brings a deeper and

more enduring fulfillment than simply acquiring more possessions or accolades.

The Extra Mile

Today, choose one person who cannot repay your kindness.

Offer encouragement.

Write a note.

Make a phone call.

Pay for a meal.

Open a door.

Say thank you.

Do it quietly.

Do it joyfully.

Then tell no one.

Some of life's greatest victories are the ones that only Heaven witnesses.

Three Questions to Carry With You

1. What definition of success has guided my life until now?
2. Who am I becoming because of the choices I make each day?
3. If someone described me twenty years from now, what qualities would I hope they mention first?

Closing Reflection

The world celebrates those who climb the highest mountains.

Heaven celebrates those who help others climb theirs.

One day, the trophies will gather dust.

The titles will be forgotten.

The applause will fade into silence.

But every act of kindness,
every word of encouragement,
every hand extended in compassion,
every life gently lifted —

these become part of a legacy that no passage of time can
erase.

Walk toward that legacy.

And you will never stop discovering what true success really is.

Every Extra Mile Begins with One Extra Step.

MILE TWO

The Quiet Voice Always Knows

The Secret

Your soul whispers.

Your fears shout.

Wisdom is learning to recognize the difference.

Have you ever noticed that life seems to speak in two very different voices?

One is loud.

It demands immediate attention.

It thrives on urgency.

It reminds us of everything that could go wrong.

It encourages us to compare ourselves with others.

It tells us we are not enough.

It insists that happiness lies just beyond the next achievement.

This voice rarely rests.

The other voice is very different.

It never competes.

It never forces.

It never shouts.

In fact, many people live their entire lives without consciously hearing it.

It arrives quietly.

Sometimes while watching a sunrise.

Sometimes during a long walk.

Sometimes in prayer.

Sometimes in the stillness that follows tears.

It often speaks only a sentence.

"Call your brother."

"Forgive her."

"Slow down."

"This isn't your path."

"Everything will be alright."

Its words are remarkably simple.

Yet they somehow carry a certainty that no amount of logic can provide.

For much of my own life, I believed every important decision had to be reasoned out completely.

Make lists.

Gather information.

Analyze every possibility.

Prepare for every outcome.

There is wisdom in careful thinking.

God has given us minds for a reason.

But there came a point when I began noticing something remarkable.

Many of the best decisions I have ever made did not originate in my intellect.

They began with a quiet knowing.

An inner peace.

A gentle certainty that arrived long before I could explain it.

Only afterward did my mind catch up with what my heart already knew.

The opposite has also been true.

There have been moments when every logical argument pointed in one direction, yet something deep within urged patience.

Wait.

Don't force this.

Not yet.

Looking back, those quiet promptings often spared me unnecessary pain.

Perhaps this is why nearly every spiritual tradition places such importance on stillness.

Not because silence itself possesses magical qualities.

But because silence allows us to hear what noise continually drowns out.

We live in an age overflowing with information.

Our phones vibrate.

Our televisions speak.

Our newsfeeds refresh every minute.

Opinions surround us.

Advice comes freely.

Experts appear everywhere.

Never before have human beings had access to so many voices.

Ironically, many have never found it harder to hear their own.

Or perhaps more accurately...

...to hear the One who has been gently speaking all along.

The quiet voice never manipulates.

It never humiliates.

It never fuels resentment.

It never encourages revenge.

It never whispers hatred.

Instead, it invites.

It nudges.

It comforts.

It patiently waits for us to notice.

Its language is surprisingly consistent.

Love.

Compassion.

Truth.

Forgiveness.

Courage.

Hope.

Whenever the voice we are listening to moves us toward these qualities, we are probably walking in the right direction.

Whenever it drives us toward fear, bitterness, arrogance, or despair, it is worth asking whether another voice has quietly taken the wheel.

One of life's greatest gifts is discovering that guidance is not something we must desperately search for.

It is something we learn to notice.

The quiet voice has never stopped speaking.

Perhaps the real question is whether we have made room to listen.

Living It

For the next seven days, begin each morning differently.

Before reaching for your phone...

Before reading the news...

Before opening your email...

Sit quietly for five minutes.

Simply breathe.

No agenda.

No requests.

No effort to solve problems.

Just become still.

You may be surprised by what enters the silence.

The Science

Neuroscience suggests that our brains are constantly balancing rapid emotional responses with slower, reflective thinking. Practices such as mindfulness, contemplative prayer, and quiet reflection can strengthen attention, emotional regulation, and self-awareness, making it easier to respond thoughtfully rather than react impulsively.

Whatever language we use—intuition, conscience, wisdom, or spiritual guidance—creating space for quiet often helps us recognize what matters most.

The Extra Mile

Today...

Give someone your complete attention.

Not while checking your phone.

Not while thinking about what you will say next.

Simply listen.

Completely.

Without interruption.

Without preparing your response.

Most people spend their lives longing to be heard.

You may discover that one of the greatest gifts you can offer is your undivided presence.

Three Questions to Carry With You

1. Which voice has been speaking most loudly in my life recently—fear or love?
2. When was the last time I intentionally created space for silence?
3. What quiet prompting have I been postponing because it feels uncomfortable?

Closing Reflection

The sunrise never argues with the darkness.

It simply appears.

The seed never announces that it is becoming a tree.

It simply grows.

The river never struggles to find the ocean.

It simply follows its course.

Perhaps wisdom is much the same.

It does not arrive with fanfare.

It enters quietly.

Patiently.

Faithfully.

And those who learn to listen eventually discover that the most important conversations in life have never required raised voices.

Only an open heart.

Every Extra Mile Begins with One Extra Step.

MILE THREE

Love Is the Highest Intelligence

The Secret

Love is not simply something we feel.

Love is the highest form of wisdom we can live.

If someone asked you to describe the smartest person you have ever met, what would you say?

Perhaps they possessed an extraordinary memory.

Perhaps they solved complex mathematical problems.

Perhaps they were brilliant scientists.

Inventors.

Physicians.

Entrepreneurs.

Professors.

Society has always admired intelligence.

And rightly so.

The human mind has accomplished extraordinary things.

It has explored space.

Mapped the human genome.

Connected the world through technology.

Extended life expectancy.

Built wonders previous generations could scarcely imagine.

Yet for all of our intelligence...

We still struggle to love one another.

Perhaps that tells us something.

Perhaps intelligence alone was never meant to guide humanity.

Imagine for a moment a world filled with brilliant people who possess little compassion.

Knowledge becomes manipulation.

Power becomes control.

Success becomes selfishness.

History has shown us this more than once.

Now imagine a world filled with people who genuinely care for one another.

Problems still arise.

Disagreements still happen.

But kindness changes the conversation.

Forgiveness interrupts resentment.

Generosity softens fear.

Patience creates understanding.

Love quietly accomplishes what force never can.

This is why I have gradually come to believe that love is not merely an emotion.

It is a form of intelligence.

Perhaps the highest intelligence.

Love asks questions that the intellect often overlooks.

What does this person need?

How can I help?

What would kindness look like here?

How can everyone leave this conversation with dignity?

These are not weak questions.

They are profoundly wise ones.

The older I become, the more convinced I am that the greatest leaders have rarely been remembered because they possessed the highest IQ.

They are remembered because people felt valued in their presence.

They listened.

They encouraged.

They inspired.

They lifted others.

Long after people forget what they accomplished, they remember how they made them feel.

There is something almost miraculous about genuine love.

It expands our vision.

When we love deeply, we begin seeing beyond ourselves.

We notice the lonely.

The discouraged.

The overlooked.

The child needing encouragement.

The elderly neighbour hoping someone might stop and talk.

The exhausted parent.

The anxious student.

The struggling stranger.

Love notices.

And because it notices...

It responds.

I often wonder what our communities would look like if every morning we asked only one question before leaving home.

"Who might need a little more love today?"

Not dramatic love.

Not heroic love.

Simply everyday love.

The smile.

The wave.

The handwritten note.

The unexpected compliment.

The patient reply.

The willingness to forgive.

Small acts.

Quiet acts.

Almost invisible acts.

Yet these are often the moments that change lives.

The world has enough critics.

Enough experts.

Enough people eager to point out what is wrong.

What it longs for are people who quietly demonstrate what is right.

Love has an extraordinary way of multiplying itself.

One kind word often inspires another.

One generous act encourages another.

One forgiving heart softens another.

Like ripples spreading across still water, love continues moving long after the original act has ended.

Perhaps this explains why love has always outlived empires.

Civilizations rise.

Civilizations fall.

Technologies change.

Currencies change.

Politics change.

But love...

Love remains.

Perhaps because it is woven into the very fabric of creation itself.

Living It

Today, become intentionally curious.

Every person you meet is carrying a story you cannot see.

The cashier.

The server.

The coworker.

The child.

The neighbour.

Ask one genuine question.

Listen carefully.

Resist the urge to steer the conversation back toward yourself.

You may discover that love often begins not with speaking...

...but with listening.

The Science

Researchers studying relationships and well-being have consistently found that strong, caring social connections are among the best predictors of long-term happiness, resilience, and even physical health. Acts of kindness not only benefit those who receive them; they also increase the giver's sense of purpose and can strengthen bonds throughout a community.

Science continues to affirm what many spiritual traditions have taught for centuries: we flourish together.

The Extra Mile

Choose one person today who is easy to overlook.

Learn their name.

Use it.

Smile.

Offer sincere appreciation.

Do nothing else.

You may never know how deeply a simple moment of recognition can matter.

One of the greatest gifts we can offer another human being is this quiet message:

"I see you."

Three Questions to Carry With You

1. Who made me feel genuinely seen during my life?
2. How can I become that person for someone else?
3. If love guided my next decision instead of fear or pride, what would I do differently?

Closing Reflection

Love does not ask to be noticed.

It notices.

Love does not compete.

It completes.

Love does not demand applause.

It quietly applauds the success of others.

And perhaps this is why love possesses a wisdom beyond all other wisdom.

It understands something the cleverest mind may never discover:

That the richest life is not measured by what we collect...

but by what we quietly give away.

Walk in love today.

Not because the world has earned it.

But because love is slowly becoming who you are.

Every Extra Mile Begins with One Extra Step.

MILE FOUR

Let Go—and Let Life Carry You

The Secret

Peace begins the moment we stop trying to control everything that only God—or life itself—was ever meant to carry.

One of the greatest illusions we ever embrace is the belief that we are in complete control of our lives.

We make plans.

We set goals.

We organize calendars.

We create budgets.

We prepare for every possibility.

There is wisdom in planning.

But somewhere along the way, planning quietly becomes controlling.

And controlling becomes exhausting.

If we're honest, much of our anxiety comes from attempting to manage things that have never belonged in our hands.

Tomorrow.

Other people.

The opinions of strangers.

The weather.

The economy.

Our children's choices.

Our parents' health.

The timing of life's opportunities.

The list is endless.

The more tightly we grip these things, the more they seem to slip through our fingers.

It reminds me of trying to hold water.

Cup your hands gently, and the water remains.

Clench your fists, and it escapes.

Life often works the same way.

The moments that have brought me the greatest joy were rarely the ones I planned most carefully.

They arrived unexpectedly.

A friendship.

A conversation.

An opportunity.

A sunrise that seemed painted just for that morning.

A child laughing uncontrollably.

A kindness I never anticipated.

The birth of an idea.

None of these could be manufactured.

They could only be received.

There is an old saying that we make our plans, and then life smiles.

I have found that to be wonderfully true.

Sometimes what appears to be a detour becomes the very road we were meant to travel.

The job we didn't get opens the door to another we never imagined.

The relationship that ends makes room for one that helps us grow.

The delay protects us from rushing into something that wasn't yet ready.

We often discover the meaning of life's events only when looking backward.

At the time, they simply appear as interruptions.

Perhaps they are invitations instead.

Invitations to trust.

Invitations to grow.

Invitations to loosen our grip.

Trust does not mean becoming passive.

It does not mean abandoning responsibility.

The farmer still plants the seed.

The musician still practices.

The teacher still prepares the lesson.

The doctor still studies.

The parent still cares for the child.

We are called to give our best.

But after we have done what love and wisdom require, there comes a moment when we must quietly release the outcome.

That is where peace lives.

Not in certainty.

Not in guarantees.

But in trust.

When I was younger, I often believed that if I simply worked harder, thought more clearly, or planned more carefully, I could prevent disappointment.

Life has gently taught me otherwise.

Some things will always remain beyond my reach.

Oddly enough, that realization did not make me weaker.

It made me freer.

Because once I stopped trying to carry the entire world on my shoulders, I discovered that the world had never asked me to.

I was only ever asked to carry today's responsibilities.

Today's kindness.

Today's courage.

Today's love.

Tomorrow would take care of itself.

There is a beautiful rhythm to life when we begin living this way.

We prepare.

We act.

We trust.

Then we begin again.

Without panic.

Without desperation.

Without needing to know every answer before taking the next faithful step.

Perhaps that is what faith has always meant.

Not knowing exactly where the path leads.

But believing that the One who placed the path before us knows the way home.

Living It

This week, whenever you notice yourself worrying about something beyond your control, pause for a moment.

Ask yourself two simple questions:

Can I do something about this today?

If the answer is yes, take one small step.

If the answer is no, consciously release it.

Imagine placing that burden into hands larger than your own.

You may need to do this more than once.

That is perfectly alright.

Trust is strengthened through practice.

The Science

Psychologists often distinguish between problems we can influence and those we cannot. Focusing our energy on actions within our control—while accepting uncertainty where it exists—has been associated with lower stress, greater resilience, and improved emotional well-being.

Acceptance is not giving up.

It is recognizing reality clearly so that our energy can be directed where it truly makes a difference.

The Extra Mile

Today, write down three worries that have occupied your mind recently.

Beside each one, write one practical action you can take.

If there is no action to take, write these words:

"Today, I choose trust over worry."

Keep the list.

Notice how often your heart grows lighter simply because you stopped carrying what was never yours to hold.

Three Questions to Carry With You

1. What burden am I carrying that does not truly belong to me?
2. Where has life surprised me with blessings I never could have planned?

3. What would change if I trusted a little more and worried a little less?

Closing Reflection

The oak tree does not struggle to become an oak.

The river does not argue with its destination.

The stars do not worry whether morning will arrive.

They simply fulfill the purpose for which they were created.

Perhaps we were never meant to live in constant tension either.

Perhaps we were created to work faithfully.

To love generously.

To hope courageously.

And then...

To let go.

For there comes a moment in every life when striving reaches its limit...

...and trust quietly takes its place.

That moment is not the end of the journey.

It is the beginning of freedom.

Every Extra Mile Begins with One Extra Step.

MILE FIVE

Every Person Is Your Teacher

The Secret

**Every person who enters your life brings a lesson.
Some teach you through their kindness. Others through
their difficulty.
All of them leave you wiser—if you are willing to learn.**

There is an old story about a young man who traveled halfway around the world to study with a wise teacher.

When he finally arrived, he expected to receive profound secrets about life.

Instead, the teacher handed him a broom.

"Your first lesson," the old man said, "is to sweep the courtyard."

The young man was disappointed.

He had expected philosophy.

He received a broom.

Days became weeks.

Weeks became months.

Every morning he swept the courtyard.

One day, frustrated beyond measure, he finally asked,

"When will my real lessons begin?"

The old teacher smiled.

"They already have."

Life has a remarkable way of teaching us.

The question is whether we recognize the classroom.

When we are young, we imagine that our teachers are those who stand at the front of a room.

As the years pass, we discover something far more wonderful.

Our teachers are everywhere.

The child who reminds us how to laugh.

The gardener who teaches patience.

The nurse who demonstrates compassion.

The carpenter who quietly pursues excellence.

The friend who listens without judgment.

The stranger who holds the door.

The person who forgives us when we least deserve it.

Even those who challenge us become instructors in disguise.

The impatient coworker teaches patience.

The unfair criticism teaches humility.

The disappointment teaches resilience.

The loss teaches gratitude.

The failure teaches perseverance.

If every experience teaches us something, then nothing in life is truly wasted.

That realization changed the way I began looking at people.

Instead of asking,

"Why is this person in my life?"

I began asking,

"What might this person be here to teach me?"

The difference was extraordinary.

People I had once considered obstacles became opportunities.

The difficult conversation became a lesson in listening.

The disagreement became a lesson in understanding.

The delay became a lesson in trust.

It is easy to admire those who agree with us.

It is much harder to appreciate those who stretch us.

Yet growth rarely occurs inside our comfort zones.

A sculptor removes stone to reveal beauty.

A gardener prunes branches to encourage new growth.

The athlete grows stronger by pushing beyond yesterday's limits.

Perhaps our relationships work much the same way.

The people who challenge us often reveal parts of ourselves we never knew needed attention.

Sometimes they expose our impatience.

Sometimes our pride.

Sometimes our insecurity.

At first this feels uncomfortable.

Eventually it becomes liberating.

Because once we can see ourselves more clearly, we are free to become something greater.

One of the greatest surprises of my life has been discovering that wisdom often arrives wearing ordinary clothes.

It is found in conversations over coffee.

In children's questions.

In elderly neighbours' stories.

In quiet moments with people the world rarely notices.

We live in a culture that often celebrates those who speak the loudest.

Life frequently teaches through those who speak the softest.

Every person carries a story.

Every story carries wisdom.

Every encounter offers an invitation.

If we walk through life believing we already know everything we need to know, our education quietly ends.

But if we approach each day as lifelong students...

The world itself becomes our university.

And every person becomes one of our professors.

Living It

For the next week, become a student again.

Each evening ask yourself:

Who taught me something today?

Perhaps it was someone you admire.

Perhaps it was someone you struggled to understand.

Write down one lesson.

At the end of the week, you may be surprised by how much wisdom has quietly surrounded you all along.

The Science

Psychologists have long observed that people develop greater empathy, emotional intelligence, and resilience through diverse relationships and experiences. Reflecting on interactions—especially difficult ones—can help us recognize patterns in our own thinking and behavior, leading to greater self-awareness and personal growth.

In other words, the people around us are not just part of our lives—they help shape who we become.

The Extra Mile

Today...

Thank someone who has taught you something important.

Perhaps they know it.

Perhaps they don't.

Write a note.

Make a phone call.

Send a message.

Tell them specifically what they helped you learn.

Gratitude has a remarkable way of becoming another lesson—for both the giver and the receiver.

Three Questions to Carry With You

1. Who has been one of my greatest teachers in life?
2. What difficult person has helped shape my character in ways I only recognize now?
3. If everyone I meet has something to teach me, how might that change the way I listen tomorrow?

Closing Reflection

The wisest people are rarely those with the most answers.

They are those who never stop asking questions.

They enter each day expecting to learn.

They welcome correction.

They celebrate curiosity.

They understand that wisdom is not a destination.

It is a lifelong journey.

Every sunrise brings another lesson.

Every conversation another opportunity.

Every stranger another possibility.

Walk through the world with open eyes.

Listen carefully.

Someone is about to become your next teacher.

Perhaps...

Without either of you realizing it...

You are about to become theirs.

Every Extra Mile Begins with One Extra Step.

MILE SIX

Gratitude Opens Hidden Doors

The Secret

**Gratitude doesn't simply change how you see your life.
It changes the life you are able to see.**

Most people believe gratitude comes after happiness.

"I'll be grateful when..."

When I find the right job.

When my health improves.

When my finances recover.

When I meet the right person.

When life finally unfolds the way I hope.

It seems perfectly reasonable.

Yet life has quietly taught me something different.

Gratitude rarely follows happiness.

More often...

Happiness follows gratitude.

This is one of life's beautiful paradoxes.

The grateful heart notices gifts that the hurried heart walks past.

The grateful heart sees abundance where others see scarcity.

It notices the warmth of sunshine on an ordinary afternoon.

The laughter of children.

The comfort of familiar voices.

The smell of fresh bread.

The kindness of strangers.

The quiet companionship of a faithful friend.

None of these moments demand attention.

They simply wait to be appreciated.

There was a time when I believed extraordinary lives were built upon extraordinary events.

Now I suspect the opposite is often true.

Extraordinary lives are built upon extraordinary appreciation of ordinary moments.

A cup of coffee shared with someone you love.

A walk beneath autumn leaves.

Rain against the window.

A favourite song unexpectedly playing.

A handwritten letter.

The gentle weight of a sleeping child on your shoulder.

How many miracles quietly pass through our days unnoticed simply because we have become accustomed to them?

The human mind has a remarkable tendency.

It quickly adapts to blessings.

The home that once seemed impossible becomes ordinary.

The health we once prayed for becomes expected.

The relationships we once cherished become familiar.

Without realizing it, gratitude quietly fades into assumption.

Perhaps that is why gratitude requires intention.

Not because life stops giving.

But because we stop noticing.

One of the simplest habits I have ever adopted has become one of the most transformative.

At the end of each day, I ask myself a single question.

"What was beautiful today?"

Sometimes the answer is significant.

Sometimes astonishing.

But more often...

It is wonderfully ordinary.

A smile.

A conversation.

A robin singing outside the window.

A prayer quietly answered.

The realization that someone cared.

Those moments accumulate.

Like tiny drops filling a bucket.

Day after day.

Year after year.

Eventually we discover that what we thought was an ordinary life has quietly become an extraordinary one.

Not because life changed.

Because our eyes did.

Gratitude also possesses another remarkable quality.

It is contagious.

Spend time with someone who genuinely appreciates life.

Notice what happens.

They make you appreciate your own.

Complaining spreads quickly.

So does thankfulness.

The difference is that gratitude leaves people lighter than it found them.

Imagine if every conversation began not with complaints...

But with appreciation.

Imagine families ending each evening by sharing one blessing from the day.

Imagine workplaces where encouragement became as common as criticism.

Imagine communities built upon noticing what is right before rushing to correct what is wrong.

Perhaps the world changes exactly this way.

One grateful heart at a time.

Gratitude is not pretending life is perfect.

Far from it.

Life contains loss.

Disappointment.

Illness.

Heartbreak.

There are days when gratitude feels difficult.

Yet even then...

There remains something.

Someone who loves us.

A memory worth keeping.

A lesson worth learning.

Another sunrise.

Another breath.

Hope itself.

Gratitude does not erase sorrow.

It gently reminds sorrow that it is not the whole story.

Living It

Tonight...

Before going to sleep...

Write down five things for which you are grateful.

Not tomorrow.

Tonight.

Some will seem small.

Write them anyway.

Continue this practice for thirty days.

Don't repeat yesterday's list.

Your eyes will begin noticing blessings you previously overlooked.

You won't merely record gratitude.

You'll begin expecting it.

The Science

Researchers in positive psychology have found that regular gratitude practices can improve well-being, strengthen relationships, enhance optimism, and reduce symptoms of stress. Keeping a gratitude journal or intentionally reflecting on positive experiences has been linked with lasting improvements in mood for many people.

The explanation may be simple.

What we consistently notice becomes the world we experience.

The Extra Mile

Today...

Express gratitude to someone who has quietly made your life better.

Not because they expect it.

Because they deserve it.

Be specific.

Tell them exactly what they have given you.

Never underestimate the power of sincere appreciation.

Some people wait an entire lifetime to hear the words...

"You made a difference in my life."

Perhaps today...

You will be the one who says them.

Three Questions to Carry With You

1. What blessing in my life have I slowly begun taking for granted?
2. Who deserves my gratitude but has never heard it?
3. If today became my favourite memory tomorrow, what would I appreciate differently?

Closing Reflection

Gratitude is like opening the curtains in a familiar room.

The room has not changed.

The furniture remains where it always was.

Yet suddenly...

Everything appears brighter.

The beauty was always there.

Only the light was missing.

May gratitude become that light.

May it awaken your eyes.

May it soften your heart.

May it remind you that life has been quietly placing gifts along your path since the day you were born.

Walk slowly enough to notice them.

And when you do...

Say thank you.

Every Extra Mile Begins with One Extra Step.

MILE SEVEN

Your Purpose Is Already Looking for You

The Secret

Stop asking, "What is my purpose?"

Begin asking, "How can I serve today?"

Purpose has a remarkable way of finding those who are already moving.

Few questions have occupied the human heart more than this one:

"Why am I here?"

Young people ask it as they choose a career.

Parents ask it after their children leave home.

Retirees ask it when the rhythm of work gives way to quieter days.

Many ask it after loss, illness, or unexpected change.

It is one of life's most beautiful questions.

But perhaps it has led many of us in the wrong direction.

For years, I imagined purpose as something hidden.

Somewhere.

Waiting to be discovered.

Like buried treasure.

If only I searched hard enough...

Read enough books...

Attended enough seminars...

Met the right mentor...

Then one day my purpose would finally reveal itself.

Life has gently taught me something very different.

Purpose is rarely found while searching for purpose.

It is found while serving.

Think about the people whose lives have inspired you most.

The teacher who changed countless lives.

The physician who treated every patient with dignity.

The neighbour who quietly checked on the elderly couple next door.

The coach who believed in children before they believed in themselves.

Few of them woke each morning wondering,

"How can I become important?"

Instead, they simply asked,

"Who needs me today?"

That small shift changes the direction of an entire life.

Purpose grows wherever love is put to work.

A seed does not worry about becoming an oak tree.

It simply grows where it has been planted.

The river does not question whether it will reach the sea.

It simply keeps flowing.

Perhaps our lives unfold much the same way.

We are not asked to see the entire journey.

We are asked to take today's faithful step.

One conversation.

One act of kindness.

One honest day's work.

One encouraging word.

One courageous decision.

Purpose often hides inside ordinary faithfulness.

Looking back over my own life, I can see moments that seemed almost insignificant at the time.

A conversation I nearly cancelled.

A letter I almost didn't write.

A decision that appeared small.

Only years later did I recognize how those moments quietly redirected the course of my life.

At the time, they did not feel extraordinary.

They simply felt like the next right thing.

That has become one of my deepest convictions.

The next right thing is often where purpose lives.

We sometimes imagine that purpose must be dramatic.

Standing before thousands.

Starting a movement.

Writing a bestselling book.

Changing the world.

Yet history reminds us that the world has often been changed by people whose names we will never know.

The mother who raised compassionate children.

The nurse who comforted frightened patients.

The mechanic whose honesty built trust.

The volunteer who welcomed newcomers.

The friend who remained present during someone else's darkest season.

Great lives are not always lived on great stages.

They are lived through great love.

Purpose also changes with the seasons of life.

The purpose of a young parent differs from that of a grandparent.

The purpose of a student differs from that of a retiree.

The purpose of someone recovering from illness may simply be learning to receive help with grace.

There is no shame in changing seasons.

Nature teaches us this every year.

Spring does not compete with autumn.

Summer does not envy winter.

Each season fulfills its own beautiful purpose.

So do we.

Perhaps our greatest mistake is believing that purpose is a destination.

It is not.

Purpose is a direction.

A way of walking through life.

It is choosing, again and again, to become a blessing wherever we happen to be.

The remarkable thing is this:

When we stop chasing significance...

Significance quietly begins chasing us.

Living It

Tomorrow morning, before beginning your day, ask yourself one question:

"Who can I help today?"

Do not worry about changing the world.

Simply look for one opportunity.

Hold the door.

Write the note.

Make the call.

Offer encouragement.

Serve without expecting recognition.

At day's end, notice how purpose seemed to accompany you all along.

The Science

Research in psychology has consistently shown that people who experience a strong sense of meaning and contribution tend to report greater life satisfaction, resilience, and well-being. Interestingly, meaning often grows not from self-focus but from contributing to something larger than ourselves—whether through relationships, work, volunteering, creativity, or acts of service.

Purpose is less about finding the perfect role and more about bringing our values into whatever role we currently occupy.

The Extra Mile

Today...

Do one meaningful act of service anonymously.

Leave flowers where someone will find them.

Pay for a stranger's coffee.

Pick up litter in a local park.

Leave a generous tip.

Write a note of encouragement without signing your name.

Then walk away.

Allow the act to belong entirely to the person who receives it.

Some of the purest joy in life comes from goodness that asks for no applause.

Three Questions to Carry With You

1. When have I felt most alive—and what was I giving in those moments?
2. Where in my daily life is there already an opportunity to serve more intentionally?
3. If I stopped worrying about being successful and focused on being useful, what might change?

Closing Reflection

Purpose rarely arrives with a trumpet.

More often...

It knocks softly.

It waits patiently beside ordinary opportunities.

It smiles through simple acts of kindness.

It hides within faithful work.

It whispers through the needs of another person.

Do not be discouraged if you cannot see your entire future.

Very few people ever do.

Simply become fully present where you are.

Love well.

Serve faithfully.

Remain teachable.

Walk humbly.

The road will reveal itself one faithful step at a time.

And one day...

Looking back...

You will realize that purpose had been walking beside you all along.

Every Extra Mile Begins with One Extra Step.

MILE EIGHT

Become Someone Others Feel Better Around

The Secret

Your greatest gift is not what you own, what you know, or what you accomplish.

It is the feeling people carry away after they have spent time with you.

Have you ever noticed that certain people change the atmosphere simply by walking into a room?

Some bring calm.

Some bring joy.

Some bring hope.

Some make everyone feel welcome.

They rarely demand attention.

They simply have a way of making others feel important.

Then there are others whose presence creates quite a different atmosphere.

They criticize easily.

They complain often.

They search for faults.

Conversations become heavier.

The room somehow feels smaller.

The remarkable thing is that both kinds of people may possess similar education.

Similar careers.

Similar incomes.

Yet one leaves people lighter.

The other leaves them drained.

The difference is not found in what they have.

It is found in what they carry within them.

We all create weather.

Not outside.

Inside the hearts of the people around us.

Every conversation leaves a climate behind.

Warmth.

Or coldness.

Hope.

Or discouragement.

Peace.

Or tension.

Without realizing it, each of us becomes a kind of emotional gardener.

Every word plants something.

Every glance waters something.

Every response helps something grow.

The question is wonderfully simple.

What grows wherever I go?

When I was younger, I admired people because of what they had accomplished.

Today, I admire something else.

I admire those who make everyone around them feel seen.

The grandmother who remembers every birthday.

The teacher who notices the quiet student.

The neighbour who always has time to stop and chat.

The physician who never makes patients feel rushed.

The friend who listens as though nothing else in the world matters.

These people possess a quiet greatness.

Not because they seek admiration.

Because they give attention.

There is an old saying that people may forget what we said.

They may forget what we did.

But they rarely forget how we made them feel.

The older I become, the more convinced I am that this is profoundly true.

Long after the details of a conversation disappear...

The feeling remains.

A single encouraging sentence can echo for decades.

One act of kindness can alter the course of someone's day.

Sometimes...

Their life.

What an extraordinary responsibility.

And what an extraordinary opportunity.

Imagine beginning every conversation with one silent question:

"How can I leave this person feeling stronger than when we met?"

Not by offering advice.

Not by solving every problem.

Simply by offering genuine presence.

Kindness.

Respect.

Hope.

Perhaps the greatest gift we can give another human being is this quiet assurance:

"While you are with me, you matter."

There are people who make us feel as though we must become more impressive.

There are others who somehow help us become more ourselves.

Become the second kind of person.

Because the world is already filled with enough competition.

It quietly longs for more encouragement.

One smile.

One thoughtful question.

One sincere compliment.

One patient response.

These things seem so small.

Until someone desperately needs one.

We often underestimate our influence because we measure it by dramatic moments.

Life is usually changed by ordinary ones.

The smile exchanged in the grocery store.

The unexpected thank-you.

The encouraging email.

The invitation to sit together.

The willingness to remember someone's name.

These are not interruptions to life.

They are life.

And perhaps...

Without ever realizing it...

You have already become one of those unforgettable people in someone else's story.

Living It

Today, practice becoming fully present.

During one conversation...

Put away your phone.

Maintain gentle eye contact.

Listen without interrupting.

Ask one thoughtful question.

Resist the temptation to make the conversation about yourself.

Notice how deeply people appreciate being genuinely heard.

Presence is one of the rarest gifts we can offer.

It costs nothing.

Yet it is priceless.

The Science

Studies in psychology and communication suggest that people feel more connected and valued when they experience active listening, empathy, and genuine attention. Feeling understood is associated with stronger relationships, greater trust, and improved emotional well-being.

Sometimes the greatest thing we can give another person is not advice.

It is our undivided attention.

The Extra Mile

Today...

Choose one person you encounter.

Learn something new about them.

Ask about their dreams.

Their family.

Their favourite memory.

Their hopes.

Then remember what they tell you.

The next time you meet...

Ask about it again.

Nothing says,

"You matter to me,"

more beautifully than remembering what matters to someone else.

Three Questions to Carry With You

1. How do people usually feel after spending time with me?
2. What atmosphere do I most often create?
3. If my presence became my greatest legacy, what would I hope others remember?

Closing Reflection

Long after our possessions belong to someone else...

Long after our accomplishments have faded into history...

Long after our names appear only occasionally in family stories...

Something remains.

The encouragement we offered.

The peace we carried.

The hope we inspired.

The laughter we shared.

The love we quietly gave away.

Perhaps that has always been our greatest work.

Not building monuments of stone.

But building courage within human hearts.

Walk into every room with kindness.

Leave every room with grace.

And someday...

People may not remember everything you said.

But they will remember...

How wonderfully alive they felt in your presence.

Every Extra Mile Begins with One Extra Step.

MILE NINE

Choose Wonder Every Day

The Secret

**The miracle is not that extraordinary things happen.
The miracle is that ordinary things happen every single day
—and we begin to notice them again.**

One of the greatest tragedies of growing older is not that our hair turns grey.

Or that our bodies slow down.

Or that the years seem to pass more quickly.

The greatest tragedy is that we slowly stop being amazed.

Children live in constant wonder.

A butterfly can hold their attention for twenty minutes.

Rain puddles become oceans.

A cardboard box becomes a castle.

Snowfall becomes magic.

A rainbow is reason enough to stop everything.

Somewhere along the journey into adulthood...

Many of us become too busy to notice.

We rush past sunsets.

We eat without tasting.

We drive without seeing.

We speak without listening.

We hurry through moments that, years later, we would gladly relive one more time.

Life has not become less beautiful.

We have simply become less attentive.

There is a story about an elderly violinist who had performed before audiences all over the world.

Late in life someone asked him,

"What keeps you inspired after all these years?"

He smiled.

"I never stopped listening."

That answer has stayed with me.

Perhaps the same could be said of life itself.

The wonder has never disappeared.

We simply stopped listening.

Stopped noticing.

Stopped expecting to be surprised.

Yet miracles quietly surround us.

A tiny seed becoming a towering tree.

Birds navigating thousands of miles without maps.

The rhythm of ocean tides.

The laughter of a child.

The first crocus pushing through frozen ground.

The human heart beating over one hundred thousand times every day without asking our permission.

The remarkable ability of two people to forgive one another after years of hurt.

What if these are not ordinary things at all?

What if they are extraordinary gifts that have become familiar?

One of the most important habits I have ever developed is wonderfully simple.

Whenever something beautiful catches my attention...

I stop.

Not for long.

Sometimes only ten seconds.

Long enough to fully receive the moment.

To whisper,

"Thank You."

To allow beauty to finish its work.

We often imagine that joy arrives because of large events.

A wedding.

A promotion.

A new home.

A long-awaited vacation.

Those moments are precious.

But they are also rare.

If our happiness depends only upon extraordinary days, life becomes strangely empty.

Wonder teaches us another way.

It reminds us that joy has been quietly hiding inside ordinary Tuesday afternoons.

Inside birdsong.

Inside laughter.

Inside old photographs.

Inside fresh bread.

Inside conversations that linger a little longer than expected.

Inside the simple privilege of another sunrise.

The more wonder we cultivate...

The richer life becomes.

Not because we own more.

Because we notice more.

I sometimes wonder whether Heaven is not simply a different place...

But a different way of seeing.

Perhaps those who live most fully are those who have already begun seeing the world with grateful eyes.

The world has not changed.

Their vision has.

Living It

Tomorrow...

Spend twenty minutes outdoors.

Leave your phone behind.

Walk slowly.

Notice five things you would normally overlook.

The shape of the clouds.

The sound of the wind.

The colour of leaves.

The fragrance of flowers.

The faces of people passing by.

Allow yourself to become wonderfully unhurried.

Wonder always walks at the pace of gratitude.

The Science

Researchers have begun studying the emotion of awe—the feeling we experience when encountering something vast, beautiful, or deeply meaningful. Experiences of awe have been associated with increased generosity, reduced stress, greater life satisfaction, and a stronger sense of connection with others and the natural world.

In many ways, wonder is not an escape from reality.

It is a deeper entrance into it.

The Extra Mile

Today...

Watch either the sunrise...

Or the sunset.

Do nothing else.

No photographs.

No messages.

No distractions.

Simply watch.

Some moments are too sacred to be interrupted.

Allow the beauty to become part of you.

Three Questions to Carry With You

1. When was the last time I was genuinely amazed?
2. What beauty have I become too familiar to notice?
3. How would I live today if I believed everything was a gift?

Closing Reflection

Wonder never demands that life become extraordinary.

It quietly reminds us that it already is.

The stars have never stopped shining.

The birds have never stopped singing.

Love has never stopped healing.

Hope has never stopped returning with the dawn.

Perhaps...

The miracle was never absent.

Only our attention wandered.

May your eyes remain curious.

May your heart remain grateful.

May your spirit remain young enough...

To be astonished by another ordinary day.

For those who never lose their wonder...

Never truly grow old.

Every Extra Mile Begins with One Extra Step.

MILE TEN

The Journey Never Ends

The Secret

The greatest achievement is not reaching the end of the journey.

It is becoming the kind of person who never stops growing.

When we are young, life appears to be a series of destinations.

Graduate.

Find a career.

Build a family.

Buy a home.

Retire.

Each milestone promises that somewhere beyond it we will finally arrive.

Yet if we are fortunate enough to reach those places...

Something surprising happens.

Another horizon appears.

Another mountain.

Another invitation.

Life quietly reminds us that it was never about arriving.

It was always about becoming.

The river never says,

"I have flowed far enough."

The stars never decide they have shone brightly enough.

Spring never refuses to become summer.

Everything in creation continues becoming what it was created to be.

Why should we be different?

One of the most beautiful discoveries in life is realizing that growth has no finish line.

At eighty, we can still become more patient.

At seventy, more forgiving.

At sixty, more joyful.

At fifty, more courageous.

At forty, more compassionate.

At thirty, more grateful.

At twenty, more curious.

Wherever we are...

Another step remains.

That thought fills me with hope.

Because it means no one is finished.

Not you.

Not me.

Not the person who disappointed us.

Not the one who hurt us.

Not even the one who has lost hope.

There is still another mile.

Life has an extraordinary generosity.

Every sunrise quietly says,

"Let's begin again."

Every conversation offers another opportunity.

Every mistake carries another lesson.

Every act of forgiveness writes another chapter.

Every kindness plants another seed.

Some people spend their lives trying to become extraordinary.

Perhaps there is a better ambition.

Become faithfully ordinary.

Love today.

Encourage today.

Serve today.

Laugh today.

Notice beauty today.

Forgive today.

Trust today.

The accumulation of ordinary goodness becomes an extraordinary life.

People sometimes ask what legacy they should leave.

I have come to believe that legacy is not something we leave behind.

It is something we leave within.

Within our children.

Within our friends.

Within strangers whose names we may never know.

Within communities made kinder because we lived there.

Within hearts made stronger because our path crossed theirs.

That legacy does not require greatness.

Only goodness.

And goodness is available to every one of us.

There is another reason the journey never ends.

Love itself never ends.

Kindness never reaches its limit.

Wisdom never says,

"I have learned enough."

Hope never becomes unnecessary.

There will always be another person to encourage.

Another child to inspire.

Another neighbour to help.

Another stranger to welcome.

Another sunrise to admire.

Another prayer to whisper.

Another reason to smile.

The road stretches farther than we can see.

And somehow...

That is exactly what makes it beautiful.

Living It

This morning...

Instead of asking,

"What do I have to do today?"

Ask,

"Who do I want to become today?"

Carry that question with you until evening.

Notice how different your decisions become.

Character grows quietly.

One choice at a time.

The Science

Modern psychology increasingly emphasizes that personal growth is a lifelong process rather than a fixed destination. People who maintain a "growth mindset"—believing they can continue learning, adapting, and developing throughout life—often demonstrate greater resilience, optimism, and well-being.

Ancient wisdom has been saying something similar for thousands of years.

We are always becoming.

The Extra Mile

Today...

Do one thing that your future self will quietly thank you for.

Take a walk.

Read a page.

Apologize.

Begin the project.

Make peace.

Plant the tree.

Visit the friend.

Pray.

Start.

The journey belongs not to those who know the way...

But to those willing to take the next step.

Three Questions to Carry With You

1. Who am I becoming?
2. How has this journey already changed me?
3. What will my next extra mile be?

Closing Reflection

One day...

Many years from now...

Someone may remember your accomplishments.

They may remember your profession.

They may remember your successes.

But I hope they remember something even greater.

I hope they remember your gentleness.

Your laughter.

Your generosity.

Your courage.

The way you made people feel welcome.

The peace you carried into difficult situations.

The hope you offered when hope was difficult to find.

In the end...

Our lives are not measured by the number of years we were given.

They are measured by the amount of love we allowed to pass through us.

May your life become such a river.

Quietly refreshing every soul it touches.

And when tomorrow arrives...

As it surely will...

Smile.

Because there is another mile waiting.

Every Extra Mile Begins with One Extra Step.

EPILOGUE

The Journey Continues

When I first picked up Dr. Wayne Dyer's *10 Secrets for Success and Inner Peace*, I had no idea that its pages would remain with me for decades.

Some books inform us.

Some entertain us.

A precious few become companions.

Wayne's book became one of mine.

If these pages have in some small way become a companion for you as well, then they have fulfilled their purpose.

Remember...

You do not need to remember every story.

Every exercise.

Every reflection.

Simply remember to keep walking.

Walk gently.

Walk gratefully.

Walk courageously.

Walk humbly.

Walk with wonder.

Walk in love.

There will be days when the road feels easy.

There will be days when it climbs steeply.

Both are part of the journey.

Do not fear the difficult miles.

They often become the ones that shape us most beautifully.

And whenever you wonder whether your small acts of kindness really matter...

Remember this.

No one has ever measured all the ripples created by a single stone dropped into a quiet lake.

Neither will anyone fully measure the ripples of your kindness.

Smile anyway.

Encourage anyway.

Forgive anyway.

Love anyway.

Somewhere...

Perhaps years from now...

Someone's life will be different because yours touched theirs.

And isn't that what success has always meant?

So, my fellow traveler...

Thank you for allowing me to walk these ten extra miles beside you.

Now...

The path stretches onward.

It disappears over another gentle hill.

Beyond it lies another sunrise.

Another lesson.

Another opportunity to become.

Another chance to love.

Another extra mile.

Go with peace.

Go with joy.

Go with courage.

And wherever your journey leads...

May you leave the world just a little brighter than you found it.

Life has never asked you to be perfect.

It has only asked you to keep walking.

One step.

One smile.

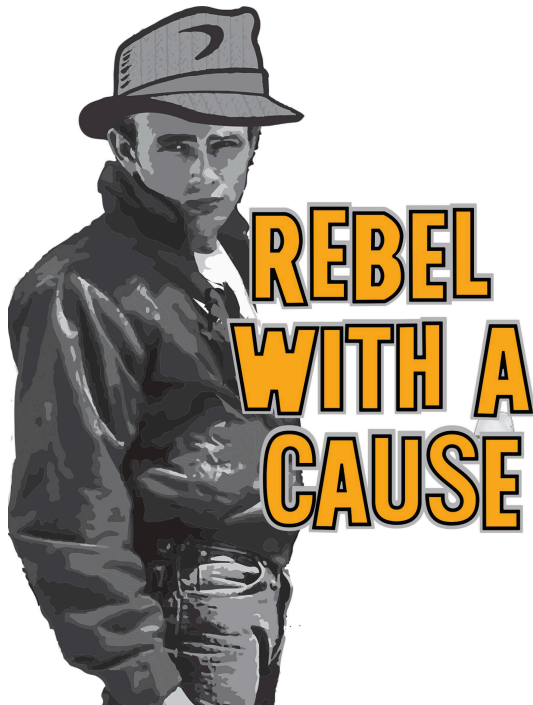
One act of kindness.

One moment of wonder.

One extra mile.

Turn the page.

Your journey continues.



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