

Small But Mighty

We tend to admire the overnight success story — the company that seems to **hit the ground running** or the athlete who becomes a “game changer” in a single match. But behind most victories, there's a slower, quieter process: small wins.

Psychologists argue that achieving minor milestones can **keep the momentum** going. Each small step is a reminder that progress is possible. A team might start by improving one tiny process, and soon they've **pushed the envelope** of what's possible in their field.

In personal goals, the principle is just as powerful. If you're learning a language, ten minutes of daily practice can be **small but mighty**. Over months, those minutes add up. In fitness, you don't have to run a marathon immediately; just start by walking more.

Leaders who understand the value of small wins often **step up their game** by setting achievable challenges for their teams. These not only produce results **in the long run** but also build confidence along the way.

So next time you feel stuck, remember the rule: one step at a time. Whether you're building a business, learning a skill, or changing your lifestyle, small wins compound — and they can turn into something far bigger than you imagined.

1. What kind of success story do people tend to admire according to the text? _____
2. What do psychologists say about achieving minor milestones?

3. How can small wins apply to personal goals like learning a language?

4. What do leaders who understand the value of small wins do for their teams? _____

5. What is the rule to remember when you feel stuck, according to the text?

Vocabulary – Idioms & Phrases

Match the idioms/phrases (Column A) with their meanings (Column B):

Column A: Idioms / Phrases

Column B: Meanings

A. hit the ground running

1. Small in size but powerful in effect

B. game changer

2. Start something quickly and successfully

C. keep the momentum

3. Slowly and steadily

D. push the envelope

4. Over a long period of time

E. small but mighty

5. Maintain progress

F. step up your game

6. Improve your performance

G. in the long run

7. Go beyond the usual limits

H. one step at a time

8. Something that completely changes the situation

Grammar – Causative Structures

A. “Have/Get Something Done” – arranging for someone to do something for you

- *I had my hair cut yesterday. (= someone cut it for me)*
- *We're getting the website redesigned.*

B. “Make/Let/Allow” – causing or permitting an action

- *The coach made us run 5 km. (= forced)*
- *They let us leave early. (= gave permission)*
- *The app allows users to track progress.*

C. “Get Someone to Do Something” – persuading or convincing someone

- *I got my friend to help me move house.*

Quick chart:

Structure	Example	Meaning
have + object + past part.	I had my car repaired.	arranged for someone to do it for you
get + object + past part.	We got the report finished.	arranged/persuaded
make + object + base verb	The teacher made us rewrite the essay.	forced
let + object + base verb	They let me leave early.	gave permission
allow + object + to-inf.	The rules allow employees to work remotely.	permitted
get + object + to- inf.	I got him to join the team.	persuaded

Rewrite the sentences using the correct causative structure.

1. The mechanic repaired my car yesterday. (have)

2. My boss said we could finish early on Friday. (let)

3. The teacher forced us to read three books over the summer. (make)

4. I convinced my brother to start running with me. (get)

5. The manager said remote work was possible for the team. (allow)

6. The plumber fixed the leak in my kitchen last week. (have)

7. The coach allowed the players to rest after the match. (let)

8. I persuaded my friend to help me move to a new apartment. (get)

Speaking Practice – “Small Wins in Action”

Role-play scenarios: You must include **at least one idiom + a causative structure** in your response.

1. Persuade a friend to start a small habit that will help them professionally.
2. Convince a colleague to improve one small process at work.
3. Describe a time you arranged for someone to help you achieve a goal.