

1% Better, Chris and Nik Nikic

What if we could start measuring our success by improvement, not winning? What if we were willing to see in ourselves and others the accomplishment that comes through working towards a goal of 1% improvement regularly- even daily? Would this change in mindset lead to a more fulfilling and enjoyable life?

1% Better shares the story of Chris Nikic who, in 2020, was the first person with Down's Syndrome to complete a full distance IRONMAN triathlon. While the story of Chris' success is interesting, this book is more than the story of one family. *1% Better* is also about sharing their concept of 1% improvements being the building blocks for large life changes. While a 1% change might not be noticeable on a daily basis, Chris and his father found the concept something they could work with to help Chris accomplish his goal. The Nikics undertook learning from leaders, including coaches Bill Beane and John Wooden, and encouraged Chris to build friendships that supported his program of physical development. Using the idea from *Atomic Habits* (author James Clear), the Nikics created a dream board and videoed Chris writing out his dreams. By describing the process that worked so well for Chris, the Nikics encourage others to pursue their dreams by using this method.