

CHAPTER I

INTRODUCTION

This chapter contains the background of the translation project, the originality and significance, as well as the material that is going to be used for the translation project.

1.1 Background

The main importance of the writer doing this non-thesis project of translation is to show that mini habits can be a journey to achieve bigger results. This book *Mini Habits: Smaller Habits, Bigger Result* by Stephen Guise is about a journey of Stephen to build a habit starting from one push-up he did consistently then become a successful habit. Somehow from his success creating a new good habit, it greatly widens to other activities like reading and writing nearly 50 words per day and becoming habits which lead him to become a professional writer. According to Soots (2015), habits are rituals and behaviors that we perform automatically, allowing us to carry out essential activities such as brushing our teeth, taking a shower, getting dressed for work, and following the same routes every day without thinking about them. Our unconscious habits free up resources for our brains to carry out other more complex tasks like solving problems or deciding what to make for dinner. We all have habits and we activate hundreds every day. These habits can be divided into three groups. The first group is the habits that we simply do not notice because they have been part of our lives forever—like tying shoelaces or brushing teeth. The second are habits that are good for us

and which we work hard on establishing—like exercising, eating well, or getting enough sleep. The final group is the habits that are bad for us—like smoking, procrastinating, or overspending. The main motivation that encourages the writer to do this non-thesis project of translation is to help the Indonesian readers that having inadequate English competence or readers that have no access to English language, and also finding out why is it so hard to form good habits, and by applying the good strategies of mini habits inside this book will generate big results.

1.1.1. Why Is It So Hard to Form Good Habits

Nowadays, the purpose of doing habits is clearly to make several changes in our life. Most people build their habits automatically, the behaviors already perform in their daily life, such as sleeping, taking a bath, brushing teeth, and many more. But how about forming new good habits? Forming new good habits is not an easy thing. Many people struggle to become consistent and productive with their new habits. Some of them are successful and some failed.

According to Wood (2019) based on her survey, it is found that over 80 percent of people say they understand habits. But then she asks: “So, how successful are you when you change behavior? Are you able to make changes and get them to stick?” Those same people say, “Hmm, no, not very often.” So whatever people are understanding is not helping them.”

From the statement above, it proves that they are still inconsistent to form their new good habits which lead to the unsuccessful alteration.

According to Clear (2012), behavioral, habits, and self-improvement psychologist, habits have a strong bond with lifestyle. When people want their new good habits to stick, they have to focus on lifestyle, not life-changing. For example, losing 50 pounds would be life-changing, drinking 8 glasses of water per day is a new type of lifestyle, squatting 100 more pounds would be life-changing, squatting 3 days per week is a new type of lifestyle. Life goals are good to have because they provide direction, but they can also trick you into taking on more than you can handle. Daily habits —tiny routines that are repeatable — are what make big dreams a reality.

1.1.2 Good Strategies of Doing Mini Habits

All people have goals to reach or achieve, and to achieve it they have to set their mindset, their strategy, and consistently execute their plans. It is similar to the concept of making big results through small habits. Without the proper strategy, the efforts, and the hard works, all will be useless and unable to give big results in our life.

According to Bayerle (2018) denotes, he denotes that we all recognize the short burst of motivation can suddenly make you could take on the world. You decide that you want to start a business or you start

working towards a certain body that you desire. However, the next day your motivation is gone, all of a sudden you don't understand how you felt this motivated in the first place. Motivation is a bad concept to rely on, it comes and goes. It can most certainly be helpful at times, but no one should rely purely, on motivation. Powerful habits, however, can make an actual difference.

These words completely reflect what people have mostly done. In some cases, people feel like their effort and desire strongly arise and try to pursue their goal once they are motivated at first, however, as time goes by and the motivation runs out, they start to be inconsistent with what they do and start to mess up all the things they build at first.

By now, the writer introduces a book entitled *Mini Habits: Smaller Habits, Bigger Result* by Stephen Guise. This book slightly talks about the struggle of Stephen changing his life from a small habit with and consistency along with the right strategies to achieve goals. He tells the whole experiences where he tried doing one push-up, start reading, and writing which impact to big results of self-improvement and becoming a professional writer. This book is very worth to translate because it can be a self-help book for Indonesian people who start or struggle in forming their new good habits and find the best strategies to achieve as well as make the result becoming long-lasting. There are many books that lift habits as the major content, but the book that the reader is going to translate *Mini Habits* is somehow different from the others because it focuses more on the

personal experience of Stephen as the writer and the proper and best strategy that he is going through within many years and becoming good habits which stick and last.

Stephen Guise is the author of *Mini Habits* and the founder of the Deep Existence website which now turns into Stephenguise.com, He graduated in 2010 with a degree in Finance. For a few years, he searched for jobs but he was rejected at the point of application. With a degree of Stephen Guise, B.S.B.A. Finance, Magna Cum Laude, he wondered “Why can’t anyone else see my potential?” For a few years, Stephen Guise kept applying for jobs with the hope he could get accepted until one day he started to not want one. Curiously rejection changed his path. Stephen Guise had been writing Facebook notes about life for a few years. He tried to share his ideas and explore personal development through his blog and started to be a blogger. He started to submit his guest post to Skool Of Life and Problogger.net as one of the top websites in the world, and they accepted it. From there, his career started to rise. His previous blog, Deep Existence, has been growing fast but he got a hate comment which dragged him down. He was in the tipping point, quit or try harder. Then, Stephen Guise decided to try harder, fixing all things, began writing his first e-book entitled *Dumb Little Man* and *Lifehacker* were read by about 200.000 people and shared several thousand times. After that he began writing his second big project a book entitled *Mini Habits* which became a phenomenal success, selling more than 20.000 copies in the first nine

months. Without those rejections and hate comments, he believed that he would not be where he is today. Written *Mini Habits* changed his own and other lives in the process of life.

In this book, he makes the readers realize the importance of *Mini Habits* by telling his experience in struggling and make his new good habits changed his life. Most people looking for motivation to make a path and achieve their goal, but in fact motivation is not that important, willpower and consistency will speak louder in forming new habits. The writer's purpose in translating this book is that he wants the readers to know how interesting this book to be read and understand the secrets of doing mini habits which lead to a big accomplishment.

As a reader of this book, the writer is somehow influenced by what all the story and the contents it told. It brings the writer to be consistent to achieve his life's goals through doing small habits. He changed the way he thinks, fast process - short time - good result to be small steps – consistent progress and scale up time – better result.

1.2 The Objective of The Project

Based on the background of the project above, the writer wants to translate this book *Mini Habits: Smaller Habits, Bigger Result* to share the outstanding contents, tricks, and tips of making new-good habits especially for Indonesian readers whose English capacity does not allow them to access the book.

1.3 Originality and Significance

This book *Mini Habits: Smaller Habits, Bigger Result* has never been translated into Indonesian before, so this is going to be the first original non-thesis project translation of the writer.

For the writer himself, translating this book can deepen and improve his translation skill especially for English to Indonesian translation which encourages me to learn more about how to deliver the intent using our creativity, changing the meaning to be more understandable, smooth, and readable, also focusing on target-reader. In short, it helps the writer to gain new experience through the real application of translation project.

For the university, Universitas Ma Chung, this could be important for the next generation of English Letters students that looking for references if they want to take a translation project for their non-thesis project.

1.4 Operational Definition of Key Terms

1. Translation

Translation is the superordinate term for converting the meaning of any utterance of any source language to the target language (Newmark 1988).

2. Communicative Translation

Attempts to render the exact contextual meaning of the original in such a way that both content and language are readily acceptable and comprehensible to the readership (Newmark 1988).

3. Habits

Habit is defined as something that you do often and regularly, sometimes without knowing that you are doing it (Cambridge, n.d.).