

One Small Step Back

Choose one thing you have been keeping away from and plan a first, small step.

WHEN TO USE THIS

Use this when there is somewhere or something you have avoided and want to try again.

What is one thing you have been staying away from?

What would the smallest possible version of it look like?

So small it feels almost too easy.

Plan that smallest version.

WHAT I WILL DO	WHEN	WHO I WILL TELL

How hard does that first step feel?

0	1	2	3	4	5	6	7	8	9	10
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Easy enough

Too much right now

If it turns out to be too much, that is information, not a step backward. Make it smaller and go again.

Small steps still count as steps. That is the whole point of them.