

Picking One to Start

Choose one goal to work on now and give yourself permission to park the rest.

WHEN TO USE THIS

Use this when you have too many things you want to change at once.

List everything you have been trying to change.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Which one, if it went well, would make the others easier?

That one is the start. Write it here.

The rest of the list is not gone. It is parked. Keep this page and come back to it.

One at a time is slower on paper and faster in real life.