

The First Step, Not the Whole Thing

Break one goal down until the first step is small enough to actually do.

WHEN TO USE THIS

Use this when a goal feels too big to start.

What is the goal?

What is the very first thing that would have to happen?

Not the second thing. The first.

Make that smaller. What is the ten-minute version of it?

Put the small version somewhere real.

DAY	TIME	WHERE

If the step still feels heavy, it is still too big. Cut it in half again.

You do not have to see the whole staircase tonight.