

The Smallest Next Step

Take one thing that feels too big and cut it down until it is doable today.

WHEN TO USE THIS

Use this when something has been sitting undone and getting heavier.

What is the thing you keep not doing?

Break it into steps. Keep cutting until the first one takes under five minutes.

1.

2.

3.

4.

5.

What is the very first step, and when today will you do it?

If the first step still feels too big, it is not small enough yet. Cut it in half again.

Small is not a lesser version. Small is what gets done on a day like this one.