Exercise 4 - Everything Starts with Small Steps

**The Power of Small Steps**

Think about something you had to do in the past that seemed impossible—a project at school, saying sorry to a friend, or participating in a sporting or outdoor event. It should be something that you thought you couldn’t accomplish but did.

Describe how you felt when you first thought about tackling this big thing in your life.

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Now, looking back, think about the small steps you took to tackle this challenge and how you felt afterward. Describe those steps and feelings here.

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After it was over, did the challenge seem as hard as it did at first? Did you get the confidence to tackle other hard challenges? Did you give yourself credit for succeeding?

A Single Step You Can Take

Previously, we asked you to describe three steps you could take in each area of your life to reach your goals. Now you can narrow it down even further—what is one simple thing you can do in the next 24 hours that would help you reach your goals in the following areas (just one thing).

Have fun with this—be creative!

For Myself:

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For My Friendships:

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For My Health (physical, mental, and spiritual):

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For My Wealth:

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For My Education and Career:

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For My Footprint on the World (what I want to accomplish or how I want to be remembered):

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Hold on to your ideas. When we get to the last exercise, you’ll start using them.

(But if you want to put them into action right now—go ahead!)