One tiny step *at a time.*

Why this helps: getting started is often the hardest part. When the first step is small enough, your brain can say yes before it has time to freeze.

How to use it: write your goal on the top step, then work down. Make each step smaller and easier than the one above.

EXAMPLE
Goal: a tidy desk. Tiniest step: carry one mug to the sink.

My goal _____

5 **Step 5** _____

4 **Step 4** _____

3 **Step 3** _____

2 **Step 2** _____

1 **The tiniest first step** (2 minutes or less) _____

WHY THIS MATTERS TO ME

_____

_____

WHAT MIGHT GET IN THE WAY

_____

_____

SUPPORT I CAN USE

- ☐ A timer
- ☐ A body double
- ☐ A reward
- ☐ A reminder
- ☐ Someone to check in
- ☐ Other: _____

STEP TRACKER Tick each step when it's done and jot the date. Any order is okay.

☐ Step 1	☐ Step 2	☐ Step 3	☐ Step 4	☐ Step 5	☐ Goal!
_____	_____	_____	_____	_____	_____

☆ **Celebrate it: how I'll reward myself** _____

REFLECT *If I get stuck, the next smallest step is...*

_____

_____

_____