

# Small Stepping to Success

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## 2 Reasons small stepping works

### **1) Avoid feelings of hopelessness from tackling a huge goal**

- Think of the Biggest Loser
- It's easy to convince yourself that your objective is unattainable, especially if there's a wide gulf between where you are and where you want to be.
- It's much easier to draft a resumé or do market research about a field you're considering than to vaguely pursue a whole new career path.

## 2 Reasons small stepping works

### **2) Allows you to get comfortable with each step along the way**

- Humans are hardwired to want to feel comfortable. We'll do anything to avoid a high level of stress.
- Feelings of anxiety and discomfort are only natural if you try to take on too much, too fast.
- But if you focus on just one small step at a time, easing in to your eventual goal, you have a much higher chance of success.

# Create Small Stepping List

1. What is Your Long Term goal?-Now Ignore It
2. What do you Need to Do in the Next Month to Move towards your goal-Make a List
3. Then, each month redo the list, crossing off what has been accomplished and adding new steps.
4. If you get overwhelmed with the monthly list, scale back to a week. If that's still too much, map out what you need to do in the next two days.
5. It doesn't matter how many small steps ahead you've planned—it just matters that plan them and then you keep taking them.

# Let's Get Started

- What's Your Goal

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- What is one thing you need to do right now to move towards reaching your goal

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