

SMALL STEPS FOR BIG CHANGE

Ways you can start with or without me!

When I (or my clients) think "BIG" we get very inspired. **And that's where all change starts.** Inspiration has to be there. Where things get hairy and scary is when we psych ourselves out worrying about "how." The result? Paralysis.

What's the answer? **Hold the BIG vision and then "Play Small" with it.**

You can start with 1 small step — a step so risk-free that you really can't say no to it. **Once you've taken that small step, many more will follow.** Suddenly you'll be taking strides, leaps and bounds toward work that feels right, exciting, fun and even effortless.



What are small steps?

Trying something – anything – to make even the tiniest move forward. The best “Play Small” steps feel fun and easy and are usually non-committal, low-risk activities.

examples...

- Type a few key words into your search engine of choice about the kind of work you long to do. See what comes up.
- Get an inspirational book and read one chapter. Bookstores (and probably your bookshelf) are loaded with them.
- Take 5 minutes to sit and imagine what life will be like when you love what you do.
- Ask your social networking friends who they know that does XYZ for a living. Ask them to recommend you as a friend or connect you so you can get to know them.
- Start writing about it. Limit yourself to 200 words and then stop.
- Brainstorm ideas for your future business name, book or blog.
- When you're frustrated with the job you're in, take a moment and think of 3 things you appreciate about it. (I know, counterintuitive, but it helps.)
- Tell 1 person you trust what you long to do and why. (Make that a positive, encouraging sort of person.)
- Come up with 2 small steps of your own.

The list of possible options goes on and on.

Do any of these sound huge or scary?

If one of them does, don't choose that one.

The trick is to just do something.

