



DATE: _____

The One Next Step

Instead of Writing a Long to-do-list, find the smallest next action

1. Problem

What is the thing that feels overwhelming right now?

2. Smallest next action

What is the tiniest action I can take right now? (Small is good)

3. Done

I took the step. I showed up for me.

Remember

- ♥ You don't need to see the whole staircase.
- ♥ You only need to take one small step.
- ♥ Small steps build momentum.

Need Extra Support?

If this worksheet brings up difficult emotions, pause and reach out to someone you trust or a qualified mental health professional.

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