



RESOURCE



A 10-Minute Beginning

Collection: One Small Step

A companion to the HHG Journal article "When One Small Step is Enough"

You don't have to sort everything out today.
Choose one small thing and give it ten minutes.
That's enough.

1. What needs a little attention?

What is one thing that has been sitting on your mind?

It can be practical, unfinished or something you'd like to feel a little better about.

The thing on my mind:

2. Make it smaller

You don't have to do the whole thing.

Ask yourself:

What is the smallest useful step I could take?

My one small step:

If it still feels too big, make it smaller.

3. Give it ten minutes

I will begin, at: _____

For: **10 minutes**

Then begin.

You don't have to finish.

When the ten minutes are over, you can stop.

If you want to continue, you can.

4. Let it count

When you're done, pause for a moment.

You don't need to measure what you achieved.

Notice that you took the step.

I began.

Small beginnings matter.



One small step is enough for today.