



The Power
of Taking
Small,
Sweet
Steps

Why Small, Sweet Steps?

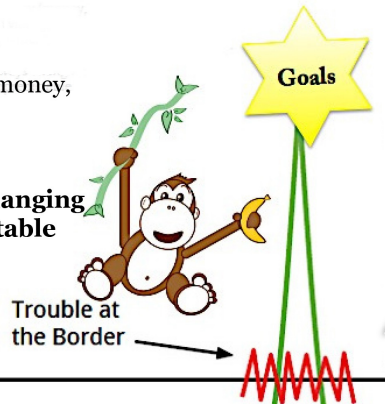
We talk a lot about the power of “small, sweet steps” here at YCM. This morning, I want to look more closely at why small is so powerful. We’ll approach this from a couple of different angles.

Crossing the Border

The Playing Field

Physical Reality

- ✓ **Things take energy** (money, time, physical vitality, creativity, enjoyment, relationship)
- ✓ **Things are always changing**
- ✓ **Things are unpredictable**

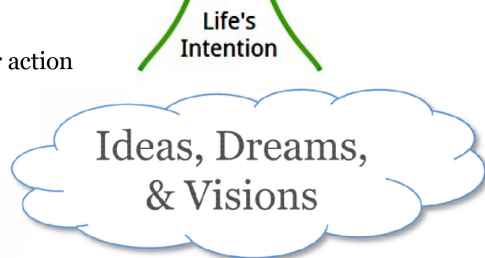


When monkey mind greets us at the border, we use “handle holds” to move into physical reality with clarity, focus ease and grace. A few handle holds are:

- Being willing
- The coaching arena
- Your standards of integrity
- Your life’s intentions
- Taking authentic action

Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action



First, we remember that taking small, sweet steps is the first step we take in crossing the border with ease: we take small, sweet steps; get support; and celebrate each step.

This is important when we recognize that trying to leap across the border with huge steps is what can activate monkey mind.

Taking small, sweet steps helps to keep the chatter down.

Getting Started

Note to self:

When things
feel overwhelming,
remember...
One *thought* at a time.
One *task* at a time.
One *day* at a time.



As Mark Twain once observed, “The secret of getting ahead is getting started.” One small step leads to another...

Creating Momentum

One small, sweet step leads to another.
With every step, we move closer to our goal.



“Success is doing what you said you would do, consistently, with clarity, focus, ease and grace.”

– Maria Nemeth



The Importance of Consistency

Small steps help us create valuable habits, which help us achieve big goals. As Olin Miller wisely said, “If you want to make an easy job seem mighty hard, just keep putting off doing it.”

Small steps help us avoid decision fatigue, which diminishes our impact. Small steps also allow us to better manage our cognitive load, meaning we have more headspace to deal with all our other thoughts and plans.

And finally, small steps help us to better manage distraction. The less we have to resist the destructive habit of multi-tasking, the more success we'll have with each small step.

Keeping Our Promises

A promise is your word that you will take action in physical reality.

That creates a tension, the expectation of something yet to be done.

It's like a rubber band being stretched... a tension is created.

When you put your word out before you, you create a gap that can only be closed when you do what you said you would do. The rubber band is back to normal. Stretching and letting it release is like exercise.

Stretching and not releasing creates stress. Notice that when we produce a gap we are pulled forward to close it by the tension created.

Small, sweet steps help us to keep our promises.



What small,
sweet step
can you
take today?