

Live Your Dreams Video Blog

1. What is one thing that you wanted to do but had given up because you were convinced it was too big?

2. Write out several baby steps you can take in that direction.

3. Now here is the most important part:

take a baby step.

(Warning: It will feel uncomfortable)

Date taken (start today): _____

4. Tomorrow, take another tiny baby step. Continue for twenty one days until it becomes a habit. Then keep taking baby steps.

That is the secret.

