MY DAILY STEPS

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## What small things will help me move forward today?

### Today's focus
What do I want to focus on most today?

### Three small steps
What are three small things I can do today?

### Habits that help
What habits or routines will support me today?

### One brave thing
What is one thing I might do today that feels a bit challenging?

**TODAY**
small steps and steady progress

### What I need today
What support, resources or conditions do I need today?

### End-of-day check-in
How will I know today has been a positive step?

***Themes:*** *habits, consistency, courage, focus, support and momentum.*

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