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# SMALL STEPS



THE DEPARTMENT OF STUDENT WELLNESS  
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It's The Little Things

WHAT IF I SAID YOU MIGHT BE ABLE TO REACH YOUR GOALS WITH SMALL CHANGES? WHY ARE SMALL CHANGES SO HELPFUL IN OUR LIVES? THE ANSWER MIGHT BE SIMPLER THAN YOU THINK.

WHEN YOU THINK OF DOING SOMETHING IN INCREMENTS, YOU'RE TAKING SOMETHING BIG THAT MIGHT EVEN SEEM UNMANAGEABLE, AND BREAKING IT DOWN INTO SMALLER STEPS. SO INSTEAD OF FOCUSING ON A BIG GOAL, WHICH MAY NEED LARGER STEPS TO ACCOMPLISH, YOU'RE LOOKING AT SMALLER GOALS WHICH REQUIRE LESS.

HERE IS THE TRUE BEAUTY OF SMALL CHANGES; THEY BECOME ROUTINE SO QUICKLY YOU HARDLY NOTICE THEM AT ALL. THE OVERALL IMPACT OF SMALL CHANGES CAN BE INCREDIBLE.

BIG RESULTS REALLY CAN COME FROM SMALL CHANGES. THE KEY IS TO KNOW WHICH CHANGE TO START WITH FOR THE BIGGEST IMPACT.

ONE OF THE EASIST WAYS TO CREATE A BIG CHANGE IS THROUGH A ROUNTINE. WHEN YOU'RE LOOKING TO CHANGE YOUR LIFE IN A BIG WAY, ONE OF THE SIMPLEST WAYS TO DO SO IS TO START YOUR DAY RIGHT. A SOLID ROUTINE HELPS SET THE TONE FOR THE ENTIRE DAY AND WILL SET YOU UP FOR SUCCESS BEFORE YOU EVEN GET OUT THE DOOR.

TAKE THIS TIP FOR EXAMPLE....

START YOUR MORNING ROUTINE THE NIGHT BEFORE. A GOOD MORNING ROUTINE CAN BE SET UP BEFORE YOU GO TO BED. THIS MAY MEAN LAYING OUT YOUR CLOTHES FOR THE NEXT DAY AND MAKING SURE YOU HAVE AVAILABLE WHAT YOU NEED FOR BREAKFAST. BECOME INTENTIONAL ABOUT YOUR DAY!

AS YOU THINK ABOUT YOUR BIG GOAL, WHAT SMALL STEPS CAN YOU MAKE SO IT IS ACHIEVEABLE?