

# MAY 2013

## Make Micro Movements

At this point, your goals may feel overwhelming. You may want to take a step back and break down each goal into smaller steps or micro-movements.

Take each goal and create a five-step process to help you attain your first goal:

Goal One:

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Add more steps if needed.

Repeat the process with each goal.

Focus on aspects of each goal that has been challenging.

Note in your calendar days that you plan to take these steps. Commit to the micro movement.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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PRE-APPROVED

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Write 2 Heat **W.O.W!**



*"Life is understood looking backwards, but must be lived forwards."* Author unknown

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