

**"A journey of a thousand miles must begin with the first step."**

**—Lao Tzu**

**Books:**

"One Small Step Can Change Your Life – The Kaizen Way" by Robert Maurer, Ph.D.

"Switch: How to Change Things When Change Is Hard" by Chip Heath and Dan Heath

**Websites:**

<http://steves.seasidelife.com/map.pdf> Map of Kaizen

[http://www.usatoday.com/life/books/excerpts/2004-09-08-kaizen-way\\_x.htm](http://www.usatoday.com/life/books/excerpts/2004-09-08-kaizen-way_x.htm) - excerpt from Kaizen book

**Ideas:**

Visions to Goals, Goals to Plans – Steps are part of your plan. People can be highly motivated, but without a plan will not succeed!

Why Small Steps? Staying positive AND not living with fear – choosing for your plan steps that you can easily accomplish so that you feel positive and that don't feel intimidating - examples

Small Questions – asking yourself questions that are not negative and address your issues in ways that are helpful

Small Thoughts – mind sculpture – imagining yourself performing your small steps

Small Actions – actions around your plan – if your plan is to exercise more, buying a squeeze ball, walking in front of your tv during commercials – would be actions

Spot and Solve Small Problems

Small Rewards – appropriate to goal, to person, free or inexpensive

Small Moments – slower pace and appreciation of smaller moments

**"When you improve a little each day, eventually big things occur. When you improve conditioning a little each day, eventually you have a big improvement in conditioning. Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens—and when it happens, it lasts."**

**—John Wooden, one of the most successful coaches**