

Practical Application/Exercises:

Exercise 1: The Tiny Step Challenge:

The 'Tiny Step' Challenge: For their biggest new goal, readers identify one step so small they can complete it in 5 minutes or less.

For your top 3 'Power Cards' from Chapter 4, identify **ONE** tiny, actionable step for each that takes 5 minutes or less.

1. Card: _____ Tiny Step: _____
2. Card: _____ Tiny Step: _____
3. Card: _____ Tiny Step: _____

Challenge: DO THEM within 24 hours.