

small  
steps  
every  
day.

1  
GOAL

2  
GOAL

3  
GOAL

1  
steps  
to  
take

2  
steps  
to  
take

3  
steps  
to  
take

BREAK IT DOWN: STARTING WITH . . .

1  
to-do

2  
to-do

3  
to-do

1  
to-do

2  
to-do

3  
to-do

1  
to-do

2  
to-do

3  
to-do

1  
to-do

2  
to-do

3  
to-do