Small steps

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Sometimes tasks or challenges seem too big. When this happens we need to break them down into smaller steps. This will make each step more possible and will help you to be successful.

## Write what you want to and the smaller steps that will take you towards your goal

My Goal - what I want to do

Break your goal into smaller steps and write or draw them here

Arrange your steps in order of difficulty. Put the hardest at the top (1) and

the easiest at the bottom (5).

1.

2.

3.

4.

5.

6.

Start with the easiest step. Once you have been successful, move on to the next.