

# achieve it.



***Need to find a new job?  
Make a big change?  
Tackle a tough problem?***

Many of us feel overwhelmed when trying to accomplish a big goal or make a big change – and that makes it even harder to get started.

The key is to take a first step – just one small step to get started.

**Let's achieve it.**

*the first*  
**STEP**  
IN A NEW  
*direction*  
DOESN'T HAVE TO BE  
*perfect*  
IT JUST HAS TO BE  
*a*  
**STEP**

# Getting Started

Dr. Martin Luther King is often quoted for his advice to those facing a big goal or change:

***“You don’t have to see the whole staircase, just take the first step.”***

Of course, this assumes you’ve identified where you are today. We call that your **Point A** or starting point. Once you’ve done that, you need to identify **at least one thing you can do immediately to move forward.**

If you’re job hunting, that one thing may be to make a phone call, or update your resume, or send an email. If you’re starting a new exercise program, it may be researching workout videos online, or taking a 5-minute walk outside at lunch. Or just putting on some walking shoes – it’s ok to start really small.

Focusing on the next step right in front of you takes your mental focus away from the future outcome you want, and places it on doable actions you can take right now. Once you’ve hit on a next step that you know is possible, no matter how small, take it. When that step is taken, identify the next small thing that needs to be done – then do it. Keep repeating this practice every day, every hour if needed.

But don’t look ahead beyond the next few steps you need to take, or you might become discouraged by how much is left to do. Performance experts tell us we don’t need to worry about all the steps we’ll have to take on the way to our biggest goals. Not only is this what makes us feel overwhelmed, it doesn’t take into account how our plans (and steps) may change, or all the support and assistance we may encounter along the way.

Just as important as not looking too far ahead is to congratulate and reward yourself along the way. Each and every step is moving you toward the future you want to create. By going step by step, day by day, you’ll start to build what we call *positive momentum*. Each time you accomplish a step, even if the outcome isn’t immediately positive, you add a little push to your forward speed. You learn. You grow. You are no longer stuck or overwhelmed.

As your positive momentum helps you continue to move forward over the next 30, 60 or 90 days, you’ll be amazed by how far you have come – simply by taking one small step at a time.