

# Small Sweet Steps – Call Notes

We talk a lot about the power of “small, sweet steps” here at YCM. This morning, I want to look more closely at why small is so powerful. We’ll approach this from a couple of different angles.

**First, we remember that taking small, sweet steps in one of the ways we cross the border with ease.** In fact, it’s the first step: Small, sweet steps; get support; celebrate each step. This is important when we recognize that trying to leap across the border with huge steps is what activates monkey mind, while taking small steps keeps it quiet, or at least down to a dull roar. ☺

**Next, we see that small, sweet steps add up in a big way.** I found a great little website called *Just Do One Thing*:

*Got a big goal or dream in mind? Then, try this: just do **one thing** that takes you closer to what you want. Just one thing—a single step that feels like progress. Then do one more thing...and another and another. In this way, step by step, you can get to wherever you want to go—or to whoever you want to be. (Think big, start small.)*

*Even if this suggestion sounds way too simple, which maybe it does, try it anyway. Because, really, what have you got to lose?*

***Here's a tool, costing you nothing and lying right in your lap, which you can use to pursue any goal or dream. However grand it may be.***

*If you're totally sure it's a goal of your own, just do one thing—take even a single step—and start working toward that goal. Maybe map out some steps, if those would help you stay focused.*

*Change a habit or develop a new one. Lose weight or get your finances under control. Build a new deck or herb garden. Declutter your house! All these you can do gradually and often painlessly with small steps. The same small steps that can help you meet other goals, as well—gradually and without uproar.*

**Herein lies the "magic" of small steps.** Even the minutest of these—the smallest increment—can help you do remarkable things. That's the good news. The bad news is that it can be hard to take such steps seriously. Lacking the grand sweep of dramatic gestures and bold acts, they seem somehow...pedestrian, inconsequential, perhaps even Boring.

So much so that many of us don't "do" small very well. We forget that great dreams can often be achieved through modest actions. Thus, we can stall ourselves along the path—or even at the starting line. And there we might stay, unless we can somehow yank our feet out of the quicksand.

Don't let that happen to you. Take the first step instead: just do one thing to move yourself along. Then take another step...and another and another. Pretty soon—shazzam!—you're on your way.

This reminds me of one of my favorite Joseph Campbell quotes: “Follow your bliss and the universe will open doors where there were only walls.” When we take one small, sweet step in the direction of our dreams, we’re telling the universe where we want to go, and what we’re willing to do about it.

Reminds me of those automatic doors that you have to get right up to before they open!

If you stand back... it looks like the doors are closed... and they are! UNTIL we step forward. CLOSE to the doors. UNTIL we get CLOSE, they don't open.

**Finally, we remember our definition of success: Success is doing what we said we would do, consistently, with clarity, focus, ease and grace.**

**What is the NEXT MEANINGFUL STEP?**

When we make a promise (i.e. saying we'll do something) we create tension. When we keep that promise, we release that tension. If we can keep our promises small, it's easier to keep them consistently. This is where the holographic nature of the universe comes in. Keeping a small promise, taking a small step, “counts” just as much as keeping a big promise. How we do one thing is how we do everything.

We can combine everything we just looked at by creating **small, sweet step partnerships.**