



40 Baby Steps for Your Next Chapter

CHOOSE ONE STEP TODAY.

Choose one small step today. Small steps create momentum.
You don't have to rebuild your life all at once.

♥ Created with love - *Katie*



HEALING



- ☐ Take a 10-minute walk
- ☐ Journal for 5 minutes
- ☐ Read one chapter of a book
- ☐ Spend time outside
- ☐ Practice deep breathing
- ☐ Listen to a podcast
- ☐ Create a calming bedtime routine
- ☐ Schedule a doctor's appointment
- ☐ Write three things you're grateful for
- ☐ Celebrate one small win



PERSONAL GROWTH



- ☐ Set one healthy boundary
- ☐ Declutter one drawer
- ☐ Try something new
- ☐ Create a morning routine
- ☐ Read for 15 minutes
- ☐ Write three future goals
- ☐ Learn a new skill
- ☐ Say no to something draining
- ☐ Write a letter to your future self
- ☐ Start a new habit



SUPPORT & CONNECTION



- ☐ Call a friend
- ☐ Schedule coffee with someone
- ☐ Ask for help
- ☐ Join a support group
- ☐ Send a thank-you note
- ☐ Reconnect with someone
- ☐ Attend a community event
- ☐ Share how you're feeling
- ☐ Do one act of kindness
- ☐ Make plans for next week



FINANCIAL CLARITY



- ☐ Review one bank account
- ☐ Create a simple budget
- ☐ Check your credit score
- ☐ Organize financial documents
- ☐ Cancel one subscription
- ☐ Review insurance policies
- ☐ Track spending for one day
- ☐ Set a savings goal
- ☐ Update a beneficiary
- ☐ Learn one financial term



My Reflection

My baby step today: _____

How do I feel after taking it? _____



This Week's Goal

- ☐ Complete 1 Baby Step
- ☐ Complete 3 Baby Steps
- ☐ Complete 5 Baby Steps
- ☐ Complete 10 Baby Steps



Remember : Progress isn't measured by how fast you move. It's measured by your willingness to take the next step.

One baby step is enough.



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