

Living It

Time for your **first small experiment**.

Real change happens through small, consistent actions. Small steps, repeated consistently, are what turn your ideal day into your everyday life..

Go back to your **Perfect Ordinary Day** and **The Gap**.

- Choose **one area** you'd like to explore.
- Then choose **one small action** related to that area, that you can take over the next 30 days.
- Think of this as your first small, experiment.
- Focus on the actions you can control, rather than the end result.

Your first small experiment

Complete this sentence:

I will _____ by _____.

For example:

- I will do one volunteer shift at the local foodbank over the next 30 days
- I will invite a friend for coffee before the end of the month.
- I will start an evening course in Spanish before the end of the month.

Review

When the 30 days is up ask yourself what have you learnt?

Then, time to plan your next small experiment.