

# THE FIRST SCARY STEPS

Many people never get started in their pursuit of creating a better them, better health and a better life because the enormity of the task in front of them seems too insurmountable.

I am here today to give you some comfort and hope. You can achieve anything you want, no matter how impossible it may seem, as long as you follow a simple plan and take one **BABY STEP** at a time.

I don't know who said it, and we have heard it ad nauseum but it is so true. ***“Every thousand km journey begins with one single step”.***



The hopelessness that you may be feeling or that someone you know may be feeling **RIGHT KNOW** can be overcome with a simple optimistic plan for success. So I hope this helps:

## **AJ's Baby Step Plan for Success**

1. **Make a decision** that this time you are going to be successful. This is not just a wish, this is a firm, determined & non-negotiable decision that you 'will walk'.
2. **Set a simple goal** and make sure its achievement has a really powerful, positive **emotional attachment** to it. An example maybe that 'I will follow a plan for 3 months from today'. The emotion is 'the joy, pride and satisfaction I feel for having stuck to my plan and feeling more energised, healthier and better about myself'.
3. **Choose one simple action** and focus on that for **one month**. This action may be to eat breakfast (or at least a piece of fruit) within 30 minutes of getting up each day. It may be to do 30 minutes of walking 3 or 4 days of the week. For more ideas go to [www.andrewjobling.com.au](http://www.andrewjobling.com.au) and in the section 'Six Weeks to a Better You' go the section 'preparation for the journey' and read it all the way through.
4. **Dance until it rains**. This simply means persist and just keep going for the month. This is the hardest of the steps. Always think back to your goal and your reasons, see yourself successful and feel the positive emotion you will feel. Keep going despite circumstances and despite what others are saying and what you are saying to yourself.
5. **At the end of the month** repeat steps 3 and 4.
6. **Review steps 1 and 2** after every 3 months

Please let me know how you go or if you need any help by emailing me at [andrew@andrewjobling.com.au](mailto:andrew@andrewjobling.com.au)