

STEP IT UP CHALLENGE

BIG GOALS HAVE SMALL BEGINNINGS

Often the greatest barrier to accomplishing your biggest goals is that you aren't thinking small enough.



SO, WHAT'S THE SOLUTION?

Start thinking small. Build momentum through small daily achievable goals. Getting a daily "win" under your belt will build confidence that the larger goal is achievable. Remember that true motivation is the result of momentum. Do what you need to do to keep momentum going. Add variety to the ways in which you are achieving your steps. Reward yourself after a set of 5 goals are met and just keep moving!

DID THE IDEA OF 10,000 STEPS A DAY SEEM ACHIEVABLE IN THE MOMENT AND THEN SLOWLY FADE AWAY?

Circumstances seem to pop up out of nowhere. Friends call with last minute plans, a child comes home with hours of homework, the computer at work crashes and you're struggling to keep up with your weekly work load and you decide that "the timing wasn't right" or "I'll try again next month." Very quickly a goal that was set with passion and motivation becomes replaced with guilt and disappointment.



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DAY	DAILY GOAL
1	Need to increase your pace? Compile an upbeat playlist and match your stride to the tempo.
2	Update your favorite social media platform with your new challenge. Making a public commitment to continuing with 10,000 steps a day will help to keep you accountable to your goals.
3	Can't seem to find the time to walk after work? No excuses! Get creative and find a new way to get your steps at the office! Make it fun and get others to join in!
4	Get up a half hour early and do a brisk morning walk through the neighborhood.
5	Pay it forward in the form of steps! See some grocery carts in the parking lot. Take a few minutes and collect them and return them to the cart shelter. Know an elderly person with a dog, offer to take it for a walk around the block.
6	March on the spot for 5 minutes and earn some extra steps!
7	Take the stairs instead of the elevator, all day!
8	Park at least a block away from work. Have a designated spot? Walk around the block before going into the office.
9	Find an audiobook. Walk until you've listened to one whole chapter. Commit to one chapter a day until your book is finished.
10	Choose one place that you drive on a regular basis that is within walking distance. Leave the car at home, walk there today, and as often as you can.
11	It's raining, it's pouring, that doesn't mean you should be snoring. No excuses mean having some rain gear. Do your 10,000 steps indoors. How about the mall where you can purchase a funky fun umbrella or rain jacket and be prepared for the next rainy day?
12	Hydration is so important! Are you keeping up with your water intake? Do your 10,000 steps and drink an extra 500ml of water today.

Source: <https://www.forbes.com/sites/lewishowes/2012/07/06/why-thinking-small-is-the-secret-to-big-success/>