



My Small Steps Plan

Name: _____

Helpful Words:

- **Consistency** = showing up regularly, even when it's hard
- **Lifestyle Goal** = the kind of life I want to live, not just achievements
- **Personal Competitive Advantage** = the habits and skills that make me stand out

Directions:

Write in your own voice. No right or wrong answers—just honest ones.

Use the back of this sheet if you need more space.

1. A goal I care about is:

2. The lifestyle I want to live includes:

3. A small step I could take every day is:

4. What makes this small step meaningful to me:

5. How I'll track my consistency (check one or write your own):

- ☐ Checklist ☐ Journal ☐ App ☐ Habit streak
☐ Mental win ☐ Other:

6. My Small Steps Superpower helps me do these things:

7. Consistency helps me build my personal competitive advantage by: