



My Small Steps Superpower

Name: _____

Helpful Words:

- **Consistency** = Taking small steps every day toward my goals
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Every small step counts!

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

1. **Something I want to get better at is:**

2. **One small step I can take today is:**

3. **If I take this step every day for a week, I might feel:**

☐ Proud ☐ Strong ☐ Brave ☐ Focused ☐ Other:

4. **This is my personal competitive advantage:**
(What makes you stand out?)

5. **My dream lifestyle looks like:**

6. **My small steps will help me reach my dream lifestyle by:**

7. **If consistency is a superpower, I will use mine to:**