

The Next Tiny Step™ Method

Simply the fastest and easiest way for you to
start making progress now.

Start where you are. Use what you have. Do what you can. - Arthur Ashe

Starting is the most important part and the biggest hurdle that most people are facing. - Gary Vaynerchuk

The Next Tiny Step™ Method is a practical way that makes it easy for you to immediately start making progress towards your goals.

But it's more than just a methodology.

It's a way of thinking that will change your life.

And although it's simple, it's incredibly powerful.

It will help you make progress more easily and faster than you believe is possible.

It's the simple idea that...

The tinier the thing you decide to do, the easier it is for you to do, and therefore, the faster you will get it done, make progress, and move on to your Next Tiny Step.

It will help you develop an 'Action Oriented Mindset'.

When you add an 'Action Oriented Mindset' to your already existing 'Goal Oriented Mindset', you'll become unstoppable.

Yes, you do already have a 'Goal-Oriented Mindset'!

You have hopes, dreams, desires and aspirations that tomorrow will be better than today, right? These are your goals. You may not have written them down, but you do have them. And because you have them, you are a goal-setter. We all are.

The difference that makes the difference is that you only make progress towards achieving your dreams when you take action.

And the Next Tiny Step Method makes taking action easy.

“A Next Tiny Step is a
Single, Easily Doable, Tiny Action

that moves you forward effortlessly from where you are now towards where you want to be.”

“A journey of a thousand miles begins with a single step” - Lao Tzu

You don't have to see the whole staircase, just take the first step.”

Martin Luther King, Jr.”

A Next Tiny Step is a tiny action that gets you started easily.

A Next Tiny Step is:

- A **single** thing. It's not a list. It's not multiple things. It's one thing and only one thing.
- **Easily Doable** to do. It's not complicated. It's effortless and requires almost no energy and very little thinking. Nothing is stopping you from doing this thing right now if you want to. It has no constraints i.e. it does not require anything else to happen before you do it.
- A **tiny** action. It is an action so tiny and so obvious that it requires almost no thought or effort to do. It is so tiny that it is almost impossible to come up with an excuse to not do it.

This **Single, Easily Doable, Tiny Action** is your Next Tiny Step.

It is the next tiniest action you can take to move forward from where you are now towards where you want to be.

It's a **starting point** that triggers further actions.

It is not the end result (outcome) of a goal or project they want to achieve.

You can start using the Next Tiny Step right now

Simply answer these three questions.

1. What goal are you working on?
2. What are you going to do? and
3. When are you going to start doing it?

“All things are created twice” - Stephen R. Covey

There's a mental or first creation, and a physical or second creation to all things” - The 7 Habits of Highly Effective People”.

I'd like to think of it this way: Everything is 'realized' twice.

At first, a thought crosses your mind. It may be a tiny, fleeting thought, an imagination, a dream, a hope, a desire, or an aspiration.

It may well disappear as fast as it arrived. But sometimes it will return and you find yourself thinking about it again and again.

It starts to take shape and it starts to grow until at some point you have a realization. You realize that you long for this thing that has captured your imagination, and maybe even your heart.

And many people stop there. But you **continue to think about your idea**. You start to give it more of your attention and energy. And it starts to grow.

It's growing because you are giving it your attention and energy. You are nurturing your realization.

*Where your attention goes your energy flows. And **what you give your energy to, grows**.*

You'll know when you are nurturing a realization because you'll start to think about all the ways you might be able to **make it happen**.

You'll find yourself thinking about how you could realize this thing in the material concrete world.

You dream about what it would look like and feel like if your idea actually existed in the real world.

You now have a pretty good idea of what you want - at least in your head.

So how do you take action and make it happen? Where do you start?

Tiny steps taken consistently over time compound to produce massive results - Richard Ralston

A Hard Truth and a Simple Caution

Time is your most valuable asset.

What you give your attention to reveals what you value most.

Where your attention goes your energy flows - various

What you give your energy to grows.

Having worked with hundreds of people in our Progress Pod Accountability Groups who use the Next Tiny Step Method I've seen that those who schedule their Next Tiny Step (i.e. those who actually create an event and enter it in their calendar) accomplish much much more than those who don't.

Why?

Because they are prioritizing, over everything else, a specific time to give this thing their attention.

They are choosing to spend their time and focus their attention and their energy, on moving this specific thing forward.

They are saying that at that particular point in time moving this thing forward is what matters most.

They are saying that taking action to make progress in this area is the most important, valuable thing they could be doing at this point in time.

We all know that...

1. At any given point in time, **you do the things that are most important to you.**
2. No two objects can occupy the same point in space at the same point in time.
You know what happens when you double-book yourself.

So, get real with yourself.

We all tend to judge others by their actions but judge ourselves by our intentions.

If you don't believe this, think about the excuses you made the last time you didn't do something you said you were going to do.

A Hard Truth: **You always do the things that you value the most.**

If this is true, then the reason you didn't do what you said you were going to do was that you decided that something else was more important, so you gave your time, energy and attention to that.

Time is your most valuable resource. Nobody wishes they had less time to do the things they value most.

Show me your calendar and I'll show you what you value most.

It is taking action that gets results. Therefore, **the results you get in your life are a direct result of the actions you take.**

What one does is what counts. Not what one had the intention of doing. - Pablo Picasso

The way to get started is to quit talking and **get started** - Walt Disney

The greatest lesson that I have learned in all of this is that you have to start. **Start now, start here, start small, and keep it simple** - Jack Dorsey, Co-Founder of Twitter

You don't have to be great to start, but you have to **start to be great.** - Zig Zigler

You don't have to be great to get started, but you do have to get started to be great. - Denzel Washington

Implementation Sheet

*The goal is **your direction**, not your destination. - James Clear*

*The Next Tiny Step Method helps you identify **a single, easily doable, tiny action**, that will move you forward from where you are now towards where you want to be.*

- Richard Ralston

The following four questions are focused on helping you implement the Next Tiny Step Method in a way that is strategically aligned with your goals.

The Alignment Question:

It is important that any action you take is in alignment with your goal.

What goal/project do you want to move forward?

The Future Progress Question:

What would you like to achieve this week?

Imagine you and I are instantly transported forward in time seven days. You look back at the previous week and realize that you feel very very satisfied with the progress you have made. **If I asked you to describe, in detail, what you have achieved, and how you are feeling about it, what would you tell me?**

What would you like to achieve this week?

The Next Tiny Step Question:

If you did something right now that would move you forward towards the milestone you just described above, **what would be the first thing you would do?** What would be your Next Tiny Step? Be as specific as you can and check that your Next Tiny Step meets the criteria of being a Single, Easily Doable, Tiny Action.

This question might help you... If someone was watching you take your Next Tiny Step right now, what would see you do? This is your Next Tiny Step.

My Next Tiny Step is to...

The Commitment Question:

Now you know what your Next Tiny Step is, **When are you going to do it?** If you were to open your calendar right now, when would you schedule a time to take your Next Tiny Step?

Now, simply
Do what you said you'd do when you said you'd do it.