

# STORIES & HEART

## TAKE THE SMALL STEPS

## TAKE THE SMALL STEPS

THIS IS AN EXERCISE IN WEEKLY OR DAILY GOALS. THERE ARE LOTS OF WAYS TO DO THIS, AND I ENCOURAGE YOU TO FIND WHAT WORKS FOR YOU. HERE'S WHAT I DO:

<b>BUSINESS</b> <ul style="list-style-type: none"><li>▪ Example: Attend board meeting</li><li>▪</li><li>▪</li><li>▪</li><li>▪</li></ul>	<b>HOME</b> <ul style="list-style-type: none"><li>▪ Example: Call the plumber</li><li>▪</li><li>▪</li><li>▪</li></ul>
<b>ME*</b> <ul style="list-style-type: none"><li>▪ Example: Write in my journal</li><li>▪</li><li>▪</li><li>▪</li><li>▪</li></ul>	<b>FAMILY</b> <ul style="list-style-type: none"><li>▪ Example: Kid's soccer game</li><li>▪</li><li>▪</li><li>▪</li><li>▪</li></ul>

\*I like to think about my ME goals as M.E. goals, to remind myself to always start each day with *M* for meditation and *E* for exercise. I try to do both each day, but in a wide variety of ways. Meditation could be as simple as taking five minutes to get in a state of gratefulness before the day starts, and exercise could mean a long walk, yoga, or thirty minutes on the elliptical. The consistency is the key.

SHARON PRICE JOHN  
CEO OF BUILD-A-BEAR WORKSHOP