The PDF companion to the post

The Journey Begins: A Tiny Start for Your New Year

Part One of the
Tiny is Mighty Series

thrivingbravely.com

Welcome to the printable PDF companion to the post

The Journey Begins:
A Tiny Start for Your New Year.

Here are the two exercises so you can explore how your own tiny start might unfold.
You will also find *59 Tiny Seeds for Cultivating Your New Year Goal* -
prompts and reflection challenges in case you'd like a little inspiration.

1. **My heart tells me that during this coming year, these are the most meaningful ways I'd like to feel and be:**

Some of the countless possibilities: Do I want to be challenged, nourished, stimulated, comforted, encouraged, satisfied, pushed, soothed? Do I want to feel more peaceful, more accepting, more calm? Or perhaps I want to learn something new, improve a relationship, clarify what kind of work I'd love to do, care for my mental or physical health? Do I want to create something brand new – a poem, a cookbook, a mini Zen garden? Do I want to nourish myself while being of service to others?

2. These are three tiny things I could start with:

Tiny really means tiny! As in: "Can I start right now? If not, what do I need first?"

Example 1: *If my heart tells me that learning to live in the present moment is what I want and need, I can certainly start practicing right now by turning off my phone, dimming the lights, and using five minutes to focus on my breathing. Will this mean I've achieved living in the present consistently? No, but it gets me on my way!* ***Example 2:*** *If I want to read two books every month, I can start today by making a list of books and ordering one.*

One tiny thing:
Another tiny thing:
And another tiny thing:

Tiny starts have two things in common: an idea and a decision.

If you feel like it, jot down other thoughts you have about what the next tiny things might be. Little is a delightful, smart powerhouse.

Remember that beautiful plans and deadlines often change. Because life does. It's ok. Change your mind, change your goal, change your deadlines…this is your New Year.

Sarah x

59 Tiny Seeds for Cultivating Your New Year Goal.

Questions, creative prompts, and little reflection challenges
to help you uncover your own tiny beginning.
When we consider things a little differently,
or try things we might not usually do,
we can land in interesting places.

1. Write a thank you note to my past or future self
2. Learn a single phrase in 10 languages
3. Listen to a piece of music I don't expect to like
4. Go digital-free for a whole day
5. Ask my pet's advice
6. If I could make a living doing _____, I wouldn't hesitate to start
7. Give myself permission to cry
8. Solve a puzzle or riddle
9. What if the past could change but the future was fixed?
10. What does the mirror say about my reflection?
11. Listen to a podcast
12. Stay silent for a day
13. Have a meal without electronics on or nearby
14. Eliminate news consumption
15. Swap one processed food for a luxury chocolate
16. Declutter one drawer
17. Take a photo of something I find beautiful
18. What is an hour of power to me?
19. Memorize a poem I found
20. Create a phrase just for me that would feel comforting in hard times
21. Watch a foreign movie without subtitles
22. What tasks or projects get me into a flow state, where I'm unaware of time passing?
23. What does my childhood self need to hear?
24. I wish I had said yes when _____
25. I choose to worry for fifteen minutes only
26. Unplug from all devices for an hour each morning
27. Observe my thoughts without judgment for one minute
28. Set a boundary I've been thinking about saying out loud
29. Quit something that no longer serves me

30. Make or buy a mini Zen garden kit
31. Choose a zero social media day
32. I can stay up as late as I want
33. Once a week I go to bed at sunset
34. If I could have more of _____in my life, I would feel _____
35. I've often thought I'd like to try _____
36. I would like to master being or doing _____
37. What advice would I give my 12-year-old self?
38. What makes me feel rested?
39. Ask a character in my favorite novel how they would solve a problem
40. If I never felt afraid, what choices would I make?
41. When have I changed my mind?
42. How would someone I respect handle this dilemma?
43. I will say "no, thank you" without justifying myself to people
44. Solutions exist, looking for the right problem
45. I want a journey of curiosity, not frustration
46. What if I _____?
47. What if I don't _____?
48. Thinking differently starts with seeing differently; what do I see in a new way?
49. Sometimes the best way forward is sideways
50. What would happen if my flaws were my strengths?
51. What if wealth was measured by how much I could give away?
52. What do I feel when someone says I can't do something?
53. Who do I admire and why?
54. If I started a new habit, it would be _____
55. My life does not have to be perfect, but it does have to be_____
56. I'm not lost, I'm here
57. An open door suggests _____
58. Wherever I go, there I am
59. I'm letting go of seeking others' approval. I can trust myself