

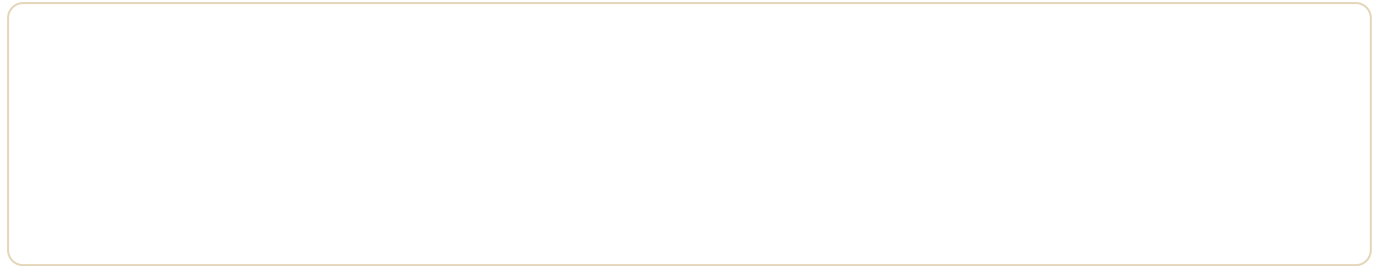
The Tiny Steps Ladder

Within Reach · Chapter Six. The rungs between the doorway and the full version.

Steps are sized to your worst day, and the test is embarrassment: if the step feels slightly beneath the size of the problem, it is probably about right. The ladder holds the rungs between the smallest version that counts and the full one, for coming back up in your own time.

■ 1 · CONTROL CIRCLES DEEP DIVE

Draw three circles, one inside the next. Inner: what you directly control. Middle: what you can influence. Outer: what is outside your control.



Where am I wasting energy, and how can I redirect it to what I control?

■ 2 · THE TINY STEPS LADDER DEEP DIVE

The rungs between the smallest version and the full one. You never climb on a schedule; you record the rung you find yourself already standing on.

My change:

FULL VERSION (RUNG FOUR)	RUNG THREE
RUNG TWO	RUNG ONE: THE SMALLEST VERSION THAT COUNTS

The bad-day version never moves, whatever rung the ordinary version reaches.

■ 3 · THE SHRINK TEST CORE

Five yeses and the step is the right size. Any no, and you have found what to shrink next.

My planned starting action:

- ☐ Could I do this on my worst day of the last month?
- ☐ Could I do it in under two minutes?
- ☐ Could I do it without any equipment I do not already own?
- ☐ Could I do it without anybody else's cooperation?
- ☐ Would I be slightly embarrassed to describe it as my plan?

■ 4 · WITHIN REACH STATEMENT

“Instead of trying to (*ambitious version*), I will (*tiny version*) every day for the next seven days. This is within my reach because (*reason*).”
