



## 8 CREDIT Tips & the Power of Small Steps

- 1) **Taking action is the most important step towards success.** Being a student with Living Better 101 means that you took action toward achieving your goals. The truth is; dreams, visions, and goals are just a wish if not accompanied by action.
- 2) **Taking the first step is usually the hardest, take it anyway.** Often we research best steps and then still unsure of ourselves, we procrastinate until everything is perfect order. Don't wait.
- 3) **Start where you are.** Your process won't always be smooth sailing and you may stumble along the way, but keep your eye on the end goal. If you do, you will learn and make continued progress. Start where you are and push forward.
- 4) **Make regular and consistent steps.** Consistency leads to momentum. The more consistently you do something, the easier it becomes, and the more momentum you create. Eventually, what was once a struggle becomes a habit, and habits are hard to break. Consistency is so important—it is the key to making lasting change.
- 5) **Start small.** Taking small steps toward a big goal will keep you motivated. Instead of focusing on the end result and feeling like you're making no progress Tackling smaller goals that feel within your reach will give you the encouragement you need to continue when things get hard.
- 6) **Don't be afraid to restart.** A baby learns to walk by taking one step at a time; they stand up, walk, and fall down. Then they rise up again just to walk and fall down. They keep repeating the process until, with great determination, eventually the baby walks on their own. Start and start again, but don't you quit.
- 7) **Learn as you go. Discover what works and what does not.** We can become stuck or paralyzed if we are unsure of what to do next. This creates procrastination and inertia. Give yourself permission to learn along the way and keep your momentum.
- 8) **Slow and steady will always win the race.** Don't worry about how long it will take. Success is small efforts repeated day in and day out. Spoiler alert: the tortoise always wins.

