Smallest Willing Step

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character wants to reconnect with an old interest.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Reduce a desired action until it matches current willingness and resources.

3. What version feels possible today?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.