

Taking a Small Meaningful Step

Mood and motivation | Adults | 10 to 15 minutes

Translate a personally meaningful direction into one achievable action.

Motivation may be difficult to find when your mood is low. Choose an area of life that matters to you and design a step small enough to begin. The first goal is trying and learning, not feeling better immediately.

Start with meaning

Select a direction such as caring for yourself, maintaining a relationship, learning, or contributing. Translate it into an observable action. "Take care of myself" could become "Put a glass of water beside my chair" or "Send a message to schedule an appointment."

Make the first step easier

Specify where and when you will begin. Reduce preparation, invite support, or make a two minute version. If you cannot do it, notice the barrier and adjust the plan. A smaller step is useful information about what your current situation requires.

An area of life I care about and why it matters

The smallest observable action I can take

When and where I will start and what could make starting easier

What I noticed afterwards and my next adjustment