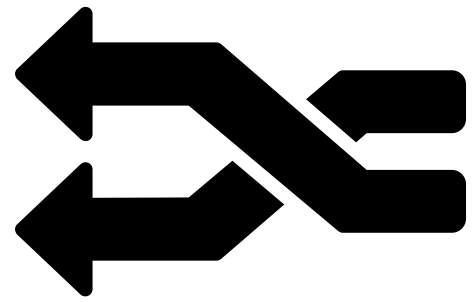


# One Action Transformation

*Everything big started as something small*



Big transformation begins with small steps. This One Action Transformation invites you to cut through the overwhelm of ideas and identify just 4 ways to make changes. Stopping just 1 action or behaviour is powerful. This can be as simple as stopping scrolling social media in the morning. Then, add in 1 thing to start doing, 1 thing to do more of, and 1 thing to do less of. Make these 4 decisions, and stick with them. Consistency and repetition is transformative.

**I will STOP.....**

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**I will START.....**

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**I will DO MORE OF.....**

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**I will DO LESS OF .....**

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**Great work!**

**Now, how will you keep yourself accountable? Some ideas...**

- Review this daily
- Set reminders on your phone
- Add to your calendar
- Share with a friend or mentor

