

MAKE A MICROMOVEMENT

MICROMOVEMENTS ARE TINY, TINY STEPS TOWARDS REALIZING CREATIVE DREAMS. ASK YOURSELF:

WHAT DO I ALREADY KNOW HOW TO DO? MAYBE IT'S MAKING ONE PHONE CALL, GETTING STAMPS OUT OR CHOOSING PAINT COLORS... MAKE IT REALLY TINY!

Write down your micromovement



DATE YOU AGREE TO DO IT BY



YOU ARE NOW FREE FROM ALL FEARS