



USLOOBI
— WALK —



LOOBI QUICK TIP #01

Small steps
may look tiny
today...
But they **grow**
into something **big**.



Small actions
every day
create big
results.



ONE STEP

009

SMALL
STEPS



BIG
PROGRESS



Every big journey
starts with
one step.



TODAY'S
MISSION

FOCUS ON WHAT YOU CAN DO TODAY,
NOT HOW FAR YOU HAVE TO GO.



Page 1 of 5



I don't have
to do it all
today.
I just need to
start small.



BIG GOALS CAN FEEL SCARY

If I think about
the whole journey...



It feels too big.
I might give up.

If I think about
the next step...



It feels doable.
I keep going.



Small steps make the goal feel lighter.



EXAMPLE: WALKING



Big Goal: Walk 10,000 steps today
→ Feels hard. Easy to quit.



Small Step: Walk 10 minutes
→ Feels easy. More likely to do it.



Small steps win every time.



REMEMBER

You don't need
to be perfect.
You just need
to keep showing up.



Focus on the step in front of you,
not the whole staircase.



TODAY'S MISSION

TAKE ONE SMALL STEP

A small action today
creates progress tomorrow.



CLEAR MIND
Less stress



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper





Small steps
are easy to start,
easy to repeat, and
easy to keep going.



THE SMALL STEP HABIT LOOP



Choose a small
action.



Do it every day.



See progress
and feel good.



Keep the habit
going!



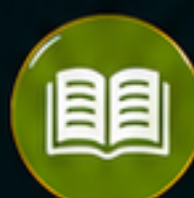
THE POWER OF SMALL ACTIONS (EXAMPLES)



Walk 5 minutes
Builds a habit.



Drink one more glass
of water
Builds a healthy you.



Read 1 page
Builds your future.



Tiny actions, big impact.

PROGRESS COMPOUNDS

DAY 1



DAY 30



DAY 365



You won't see much change today.
But time + consistency = results.



DON'T UNDERESTIMATE SMALL STEPS.
THEY DO MORE THAN YOU THINK.

One tiny step today
can **change** your
tomorrow.



TODAY'S MISSION
PICK ONE SMALL ACTION AND DO IT TODAY

Small step today.
Stronger you tomorrow.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper





You don't need
giant changes.
Small actions
repeated every day
create big results.



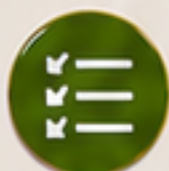
MANAGING SMALL STEPS



Make it specific
I will walk 10 minutes.



Make it simple
I will do it after breakfast.



Track it
Check it off your list.



Celebrate it
Every small win counts!



Small steps. Real wins.

“

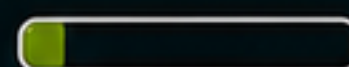
Small steps
don't just change
your day...
They change
your life.



CONSISTENCY BEATS INTENSITY

Doing a little every day is more
powerful than doing a lot
once in a while.

ONCE IN A WHILE



Feels good
for a moment.

EVERY DAY



Creates change
that lasts.



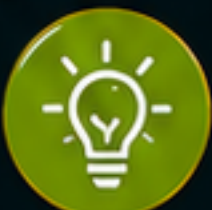
Consistency is the secret.



REMEMBER

- ✓ Start small.
- ✓ Be consistent.
- ✓ Focus on progress, not perfection.
- ✓ Trust the process.
- ✓ Big results take time.

You've got this!



TODAY'S TAKEAWAY

Don't wait for the perfect time.
The perfect time is **right now**.



TAKE
ONE STEP
TODAY.



REPEAT
TOMORROW.



BUILD A BETTER
YOU, ONE DAY
AT A TIME.



TODAY'S MISSION

TAKE ONE SMALL STEP AND REPEAT IT TODAY

Small steps today.
Big progress tomorrow.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper





“

The steps
you take today
may seem **small**,
but one day
you'll look back
and realize they
were **huge**.



BIG RESULTS



Consistency



Small Actions



Daily Habits



One Step

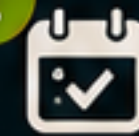
YOUR JOURNEY IN 4 STEPS

1



START SMALL
Pick one small
action.

2



DO IT DAILY
Repeat it
consistently.

3



SEE PROGRESS
Watch small wins
add up.

4



**ACHIEVE BIG
RESULTS**
Big change
becomes inevitable.



You don't need speed.
You need **direction**.

PROOF IT WORKS!

Look how far small steps go:



Walk 10 minutes a day
= **36 hours a year!**



Read 1 page a day
= **12+ books a year!**



Drink 1 more glass a day
= **365 healthier choices!**



Tiny choices.
Big difference.

“

You don't have to
see the whole path.
Just take the next
step, and then
the next.



CELEBRATE EVERY STEP!



Every step forward
is a step closer to
your **best self**.



Be proud of showing up
for yourself today!



TODAY'S TAKEAWAY

Small steps don't just build habits.
They build your future.

Keep going.
You're building something
amazing.



TODAY'S MISSION

CHOOSE **ONE SMALL ACTION** AND DO IT TODAY.

Small step today.
Big **progress** tomorrow.



CLEAR MIND
Think clearer



MORE ENERGY
Feel stronger



BETTER MOOD
Be happier



BETTER SLEEP
Rest deeper

