

FROM STUCK TO MOMEMTUM



Small Steps to Lasting Change



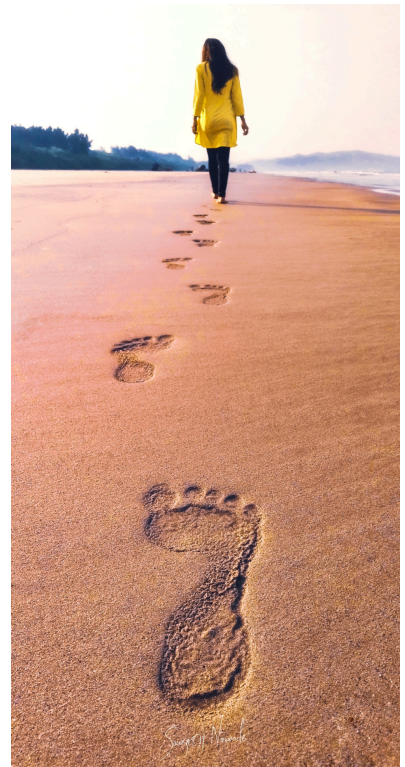
EVERYDAY
MASTERY

WELCOME NOTE

Feeling **stuck** is frustrating. You start strong, but then life gets in the way. Motivation fades, old patterns creep back, and it feels like you're right back at square one.

This mini guide is here to change that.

You don't need massive willpower or big leaps to create real progress. What you need are tiny, doable steps that build **momentum**. That's what you'll find inside: simple habits you can start today that will shift you from stuck to unstoppable."



**This isn't the whole journey —
it's the spark
that gets you moving. Let's begin.**



WHY WE GET STUCK

TOO MUCH, TOO SOON

We get excited and try to change everything at once. The result? Overwhelm, burnout, and giving up before we've really begun.

MOTIVATION DOESN'T LAST

Motivation is like a battery ,it drains fast. Without a simple system to keep us moving, habits fade away.

DISCOURAGEMENT CREEPS IN

When progress feels slow, doubt sets in. We tell ourselves it's not working and slip back into old patterns.

**The truth: it's not you that's broken, it's the approach.
And that's what we're about to fix.**

**BIG CHANGES OFTEN FAIL BECAUSE
THEY'RE TOO HEAVY TO CARRY.
THE SECRET? START TINY.**

DO THE 1-MINUTE VERSION OF YOUR HABIT

1 PUSH-UP

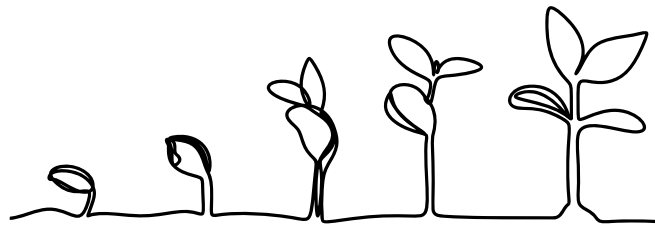
1 PAGE OF READING

1 GLASS OF WATER

100 STEPS

5 MINS READING

IT'S SO SMALL YOU CAN'T SAY NO.



TINY ACTIONS ARE THE SEEDS OF LASTING CHANGE.

STACK IT

New habits stick best when they're tied to things you already do.
This is called **habit stacking**.

Instead of trying to remember at random,
link your new action to a familiar routine.

FORMULA

After I [current habit], I will [new habit]

EXAMPLE

After I brush my teeth, I will do 100 steps on the spot.
After I make coffee, I will read something positive
After I put down my phone, I will take three deep breaths.

STACKING TURNS HABITS INTO PART OF YOUR DAILY FLOW.

TRACK PROGRESS:

What gets measured, **grows**.

Tracking makes your effort visible and keeps momentum alive.

It doesn't need to be fancy, just a tick box, a line on a calendar,
or a quick note.

Each mark is proof: you showed up.

- 👉 You'll find a simple weekly habit tracker at the end of this guide to help you put this into action.

EXAMPLE

Cross off the day on a wall calendar

Tick a box in your journal

Use a simple weekly tracker grid



PROGRESS YOU CAN SEE IS PROGRESS YOU'LL KEEP.

EMBRACE IMPERFECTION

Perfection is the enemy of progress.

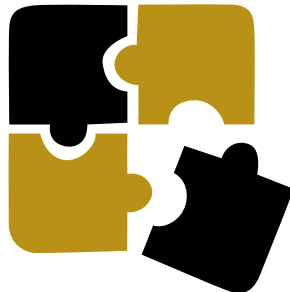
You don't need to be flawless ,you just need to **keep showing up**.

Missing once won't break the chain. The only real mistake is giving up completely.

Momentum is built on consistency, not perfection.

EXAMPLE

Missed a day? Restart tomorrow.
Didn't finish? Celebrate the part you did.
Slipped up? That's data, not failure.



PROGRESS IS MESSY — AND THAT'S OKAY.

THE COMPOUND EFFECT

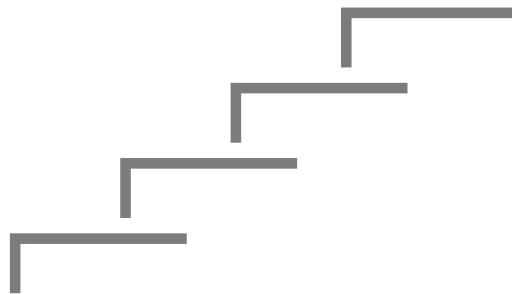
Small actions may feel insignificant in the moment,
but over time they multiply into **massive change**.

Just like money grows with compound interest, habits grow by
compounding.

Every repetition is an investment in your future self.

EXAMPLE

One page a day → a book a month
10 minutes of walking → improved fitness
Daily gratitude note → a more positive mindset



TINY STEPS, REPEATED DAILY, CREATE UNSTOPPABLE MOMENTUM.

YOUR WEEKLY HABIT CHECKLIST

PICK UP TO 3 SMALL HABITS TO PRACTICE THIS WEEK.. FOCUS ON
CONSISTENCY, NOT PERFECTION

HABIT 1

HABIT 2

HABIT 3

WEEKLY REFLECTION PROMPTS

WHAT WORKED WELL THIS WEEK

WHERE DID I STRUGGLE?

ONE WIN I WANT TO CELEBRATE IS?

MOMENTUM IS BUILT, ONE STEP, ONE WIN AT A TIME.

YOUR NEXT STEP STARTS NOW

Momentum doesn't begin tomorrow, next week, or "when life calms down."

It starts the moment you take one small action.
Choose one habit from this guide and do it today.

Don't overthink it. **Just start**, tiny and simple.

Each step you take builds the momentum you've been waiting for

**I know how it feels to be stuck . I've been there too.
But what I discovered is that momentum
doesn't come from giant leaps.
It comes from choosing the smallest step
and repeating it until it feels natural.
Trust yourself. Start where you are, with what you have
. You've got this." – Kel**

"A YEAR FROM NOW, YOU'LL WISH YOU HAD STARTED TODAY."

YOUR NEXT STEP STARTS NOW

**This mini guide gave you the first steps to build momentum
with small habits.**

**But if you're ready to create lasting transformation,
you'll love my full guide:**

👉 12 Habits That Changed Everything

**Inside, you'll find the complete system
I used to rewire my life**

**Step by step, with tools, trackers, and insights
to keep you moving forward.**



**Not ready yet? Stay connected and get
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