



# EMPTY NEST INSIGHTS

## The first step is the most important

Imagining my life as it can be gives me hope and direction. Sometimes, it is very easy for me to lose myself in this daydream. However, I understand that living in a daydream produces no result unless I take action to make it come true.

For this reason, when I want something, I take the initiative to take the very first step and get the ball rolling. To me, **the first step is by far the most important step because it sets the tone for my success.**



If I take the first step toward my goal with confidence and tact, I continue to pursue my dreams in the same frame of mind. By understanding that I must incorporate my dreams with action, I am able to set my plan of action before I take that first step.

**My action plan ensures that I am being strategic in my approach, therefore maximizing my results.**

If I were to simply dive into the situation head first without a plan, the results I desire would be unattainable. I would have no direction and would likely lose stamina and confidence.

I understand that the first step is vital to the type of results I can attain, so **I do everything in my power to launch myself with a sustainable momentum in order to achieve my goals.**

Today, I stop dreaming about my goals and take the first step to achieve them!

### Self-Reflection Questions:

1. Have I taken the time to envision my goal and develop a plan of action?
2. What steps can I take to ensure success with my goal?
3. Do I strategically map out my steps before taking them?