



Helping Women Thrive Through Change

ONE SMALL CHANGE

Turn reflection into something you can actually do

You don't need to fix everything at once. Use what you've noticed to choose one small, realistic next step.

WHAT HAVE I NOTICED?

What pattern, barrier, success or learning stands out?

WHAT MATTERS MOST RIGHT NOW?

MY ONE SMALL CHANGE

What is one thing I am willing to try?

WHEN / WHERE WILL I DO IT?

WHAT MIGHT GET IN THE WAY?

What could make this difficult?

HOW CAN I MAKE IT EASIER?

What can I plan, prepare or ask for?

HOW WILL I KNOW I'VE DONE IT?