A PRACTICE FOR HEAVY DAYS · SADNESS

# Shrink the step

By **Jamie Bayof**

> *Not "clean the kitchen." Put one cup in the sink. Then stop, or keep going — your choice.*

1. **Name the thing that feels too big.** Write it down in one line, as it is.
2. **Break it down** until the first step feels almost silly: put on your shoes, open the curtains, wash one dish.
3. **Set a 60-second timer and start.** When it rings, you're allowed to stop. If you want to keep going, that's fine too.
4. **Finishing a tiny step counts.** Showing up is the practice, not how far you got.

> If today's heavy, text one person: "Today's a heavy one." You don't have to explain more than that.

**The thing that feels too big**

**My first tiny step**

A short practice from The Two Battles Field Manual (Sadness: Shrink the step) and the free guide.

Educational, not medical advice.
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