



The Small Change Impact Workbook

TRANSFORM YOUR LIFE WITH SMALL, CONSISTENT ACTION

**Identify, Act, Track: Your Path to Lasting
Change Starts Here!**

MUESLY & ME

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Welcome to the workbook!

Welcome to The Small Change Impact Workbook! If you've ever felt overwhelmed by the idea of changing your entire life overnight, you're not alone. The truth is, big transformations come from the small, consistent steps we take every day. This workbook is designed to help you make meaningful changes by focusing on just a few areas that matter most to you.



How to use this workbook?

Identify 1-3 Key Areas: Start by choosing up to three areas of your life that you'd like to focus on—areas that, if improved, would bring the most positive impact.

Commit to Tiny, Daily Actions: Once you've identified these areas, decide on a small, manageable action for each one. This can be something as simple as a 10-minute walk or taking a moment to breathe deeply.

Track Your Progress: Use the tracker to check off your actions each day and reflect weekly on how these changes are helping you move forward.

Remember, real change doesn't happen overnight—it's the result of small, steady actions over time. You're already taking the first step by being here, and I'm excited for you to experience the power of these small changes!





Step 1

IDENTIFYING YOUR KEY FOCUS AREAS

Defining Your “Big Three”

Let’s start by figuring out which areas of your life you’d like to improve. Choose 1-3 key areas that, if improved, would make a huge difference for you. These could be related to health, work, mindset, relationships, or anything else that’s important to you.

Prompts to help you:

- What is one area of my life that causes the most stress right now?
- What’s one thing I’ve been wanting to improve for a while but felt overwhelmed about?
- Which small change would help me feel more energized or fulfilled every day?

Use the space below to write down your 1-3 focus areas:

Focus Area 1: _____

Focus Area 2: _____

Focus Area 3: _____

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Step 2

SETTING SMALL DAILY ACTIONS

Small actions, big impact!

Big changes come from the smallest actions, repeated over time. In this section, we'll decide on one small action for each focus area. Remember, these actions should be realistic and easy to do—even on your busiest days.

Examples to get you started:

- Fitness: Stretch for 10 minutes every morning.
- Mindset: Write down one thing you're grateful for each morning.
- Productivity: Set a timer for 25 minutes and focus on one task without distractions.

Write one small action for each focus area that you will do every day:

Focus Area 1: _____

Focus Area 2: _____

Focus Area 3: _____



Step 3

TINY HABITS TRACKER

Track your progress & celebrate small wins!

Tracking your actions helps you stay accountable and motivated. Use the tracker below to check off each small action you complete every day. At the end of the week, reflect on your progress and celebrate your wins—no matter how small!

DAILY HABITS

WEEK OF

SMALL DAILY ACTION	M	T	W	T	F	S	S
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Step 4

WEEKLY REFLECTION

Reflect & refocus!

Reflection is a powerful tool for growth. Use this page at the end of each week to think about how your small actions have impacted your life and what adjustments you'd like to make for next week.

What small win am I most proud of this week?

Did I face any challenges sticking to my small actions? How did I overcome them?

How did these small actions impact my week overall?

What went well this week?

What can I improve on going forward?

What have I learnt about myself?



Step 5

CELEBRATE & REWARD YOURSELF

Celebrate your achievements - you deserve it!

Recognizing and rewarding yourself for your efforts is key to maintaining motivation. Every small action you take is a step toward your best self, and celebrating these wins helps reinforce your progress. Rewards make the process fun and remind you that you're worth it!

Rewards don't need to be expensive or extravagant. Choose something meaningful that makes you happy, whether it's time for a favorite activity, a special treat, or a moment of relaxation.

Ideas for Rewards:

Relaxation: Take a long, relaxing bath with candles and music.

Self-Care: Treat yourself to a face mask or a DIY spa night.

Entertainment: Watch an episode of your favorite TV show or a movie guilt-free.

Food Treat: Enjoy your favorite dessert or snack as a celebration of your efforts.

Activity: Spend 30 minutes doing something you love but don't usually make time for—like drawing, playing a game, or reading a good book.

Gift Yourself: Buy a small gift, like a new journal, a book, or a plant for your home.

Celebrate with Friends or Family: Share your achievement with a friend or loved one and celebrate together, perhaps over a cup of coffee or a walk in the park.

This week's reward: _____

Keep going, you're doing amazing!

Congratulations on completing the first week of your journey toward positive change! Remember, it's not about being perfect—it's about showing up every day and making small improvements. You're already making incredible progress, and you should be so proud of yourself for taking these steps!

Next Steps:

Ready to keep going? Continue this workbook for another week and watch the power of small changes add up over time. You've got this!



**SUCCESS IS THE SUM OF
SMALL EFFORTS, REPEATED
DAY IN & DAY OUT**