

Empowering Micro-Decisions

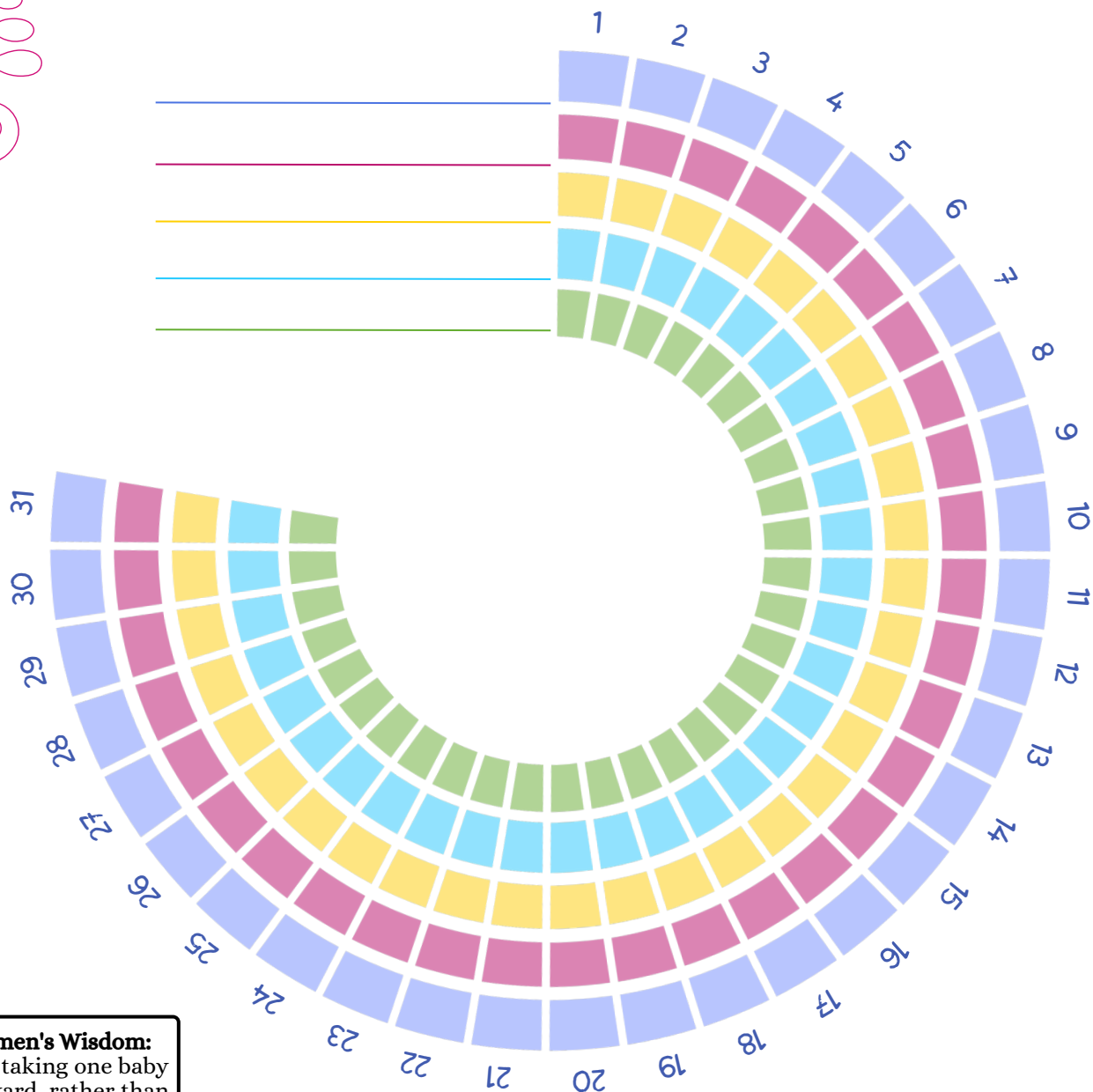
Directions:

Every teeny, tiny baby step counts on the WISE-ASS Woman's Way!

Step 1: Quickly **sketch an image** that represents your WISE-ASS Way intention.

Step 2: **Write** down the empowering micro-decisions you're ready to practice on the lines provided.

Step 3: Each time you inhale your intention, spend 5 minutes coloring an affirmation or take any small action toward your goal. **Mark your progress on the circle**—success begets success!



Wise Women's Wisdom:
Focus on taking one baby step forward, rather than ruminating on what you haven't done.