



## One Step at a Time



To get through any journey we need to take only one step at a time, but we must keep on stepping.

Words captured by Emily Dickinson, and inarguably wise advice. Except why do we sometimes we feel that a running leap is the best route in some situations? The idea is simply to keep walking, one foot in front of the other. To enjoy the process of getting lost and finding yourself again, different and yet *more* than where you started. One step after another, that is all it takes. One day at a time, little by little, you will get to where you're meant to be. Take a moment and remind yourself of where you were a year ago, or even a month ago. Good things take time. What is ONE small thing you can focus on & do today to get closer to where you want to be?

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