

# AI-01437 Tiny Mighty Moves

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Carolyn Buck Luce, focus on the next move that is totally possible today but holds a hint of the future dream. A "tiny mighty"

move. From that new step, the next set of possibilities emerge

Sure! Here are 22 examples of "tiny mighty" moves inspired by Carolyn Buck Luce's concept of making small, yet impactful steps towards your future dreams:

1. **Start a daily journal** to reflect on your goals and progress.
2. **Set a specific, achievable goal** for the week.
3. **Reach out to a mentor** for advice or guidance.
4. **Read a chapter of a personal development book** each day.
5. **Practice a new skill** for 15 minutes daily.
6. **Create a vision board** to visualize your dreams.
7. **Network with one new person** in your industry each month.
8. **Volunteer for a cause** you're passionate about.
9. **Take a short online course** to learn something new.
10. **Exercise for 20 minutes** each day.
11. **Plan a weekend getaway** to recharge.
12. **Donate to a charity** you believe in.
13. **Write down three things you're grateful for** each day.
14. **Declutter a small area** of your home or workspace.
15. **Set up a savings account** for a specific goal.

16. **Practice mindfulness or meditation** for 10 minutes daily.
17. **Attend a local workshop or seminar** related to your interests.
18. **Cook a healthy meal** from scratch.
19. **Reach out to an old friend** and reconnect.
20. **Create a budget** to manage your finances better.
21. **Plant a small garden** or take care of indoor plants.
22. **Learn a new hobby** or take up a creative project.

These small steps can lead to significant changes and open up new possibilities for your future. Which one resonates with you the most?