

Microsteps to Change



Welcome to 'Microsteps to Change,' a transformative journey where small steps lead to significant changes.

This workbook is designed to gently guide you through the process of self-discovery and empowerment. Each section, each exercise is a step towards a more mindful, harmonious, and fulfilling life.

Embrace this journey with an open heart, and let each page bring you closer to the life you aspire to lead. The magic lies in the simplicity of these microsteps, which collectively weave into the fabric of a life lived with intention and joy

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microsteps

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Introduction



WHO AM I?

Hello, I'm Pauline Dubois, a mother of three and a devoted partner.

After successfully selling my first company to a renowned French corporation, I founded Microsteps, driven by a vision to empower others through powerful habits.

My entrepreneurial path has taught me a crucial lesson: **nurturing oneself is essential for both personal fulfillment and professional success.**

I've been on the edge of burnout and faced the potential breakdown of my relationship, which led me to seek a harmonious balance in life.

My experiences and discoveries on this journey are encapsulated in this workbook, **a gift to you**, as you embark on your own path to finding life's balance.

How to Use

This workbook is designed to be your companion on a journey of self-discovery and improvement. Here's how to make the most of it:

- **Take It One Step at a Time:** Each section represents a fundamental aspect of life. Work through them at your own pace. It can take 3 days, it can take 15 days. You choose.
- **Reflect and Journal:** After each exercise, use the journaling space to reflect on your experience. Writing down your thoughts can provide deeper insights.
- **Consistency is Key:** Try to engage with the workbook daily. Regular practice enhances the benefits of each exercise.
- **Be Honest and Open:** Approach each exercise with honesty and an open mind. This is your personal space for growth.
- **Repeat and Revisit:** Feel free to revisit sections that resonate with you. As you grow, your responses and reflections may evolve.




Gratitude can help you see your life and the world in a more positive light, and empower you to press through some of life's most difficult challenges.

Mindfulness Section

Day 1:/..../202..

Mindful Breathing




Exercise: To start, find a quiet and comfortable space. Sit or lie down and close your eyes. Focus on your breath for 5 minutes, noticing the rise and fall of your chest or the sensation at your nostrils. If your mind wanders, gently bring your attention back to your breath.

How did you feel before and after the breathing exercise? Did any particular thoughts or sensations arise?

Day 2:/..../202..

Changing the Environment




Exercise: On this new day, repeat the breathing exercise in a different setting or posture, again for 5 minutes. Focus on breathing in through your nose and out through your mouth. Notice if the change in environment affects your experience.

Compare today's experience with yesterday's. Did the new environment bring new feelings or thoughts?

Day 3:/..../202..

Deepening Awareness



Exercise: Today, let's focus on the sensations in your body as you breathe, for 10 minutes. Pay attention to any areas of tension or relaxation.

Reflect on your three-day breathing practice. How has your awareness of breath and body sensations changed?

*"The present moment is filled with joy and happiness.
If you are attentive, you will see it." – Thich Nhat Hanh*

Relationships Section

Day 1:/....../202..

Appreciation Reflection

Exercise: Think about someone important in your life. Reflect on the reasons you are grateful for them, focusing on specific qualities or actions.

What qualities of this person are you most thankful for and why?

Day 2:/....../202..

Crafting a Gratitude Message

Exercise: Take a piece of paper and write a heartfelt message to this person, expressing your appreciation and including the details you reflected on.

How did you feel while writing this message? Were there any challenges in expressing your gratitude?

Day 3:/....../202..

Sharing Gratitude

Exercise: Today, share your message with the person, whether through a letter, email, text, or verbally.

Describe the experience of sharing your gratitude. How did it feel? What was the response?

"We do not remember days, we remember moments." – Cesare Pavese

Health & Wellness Section

Day 1: / / 202..

Mindful Walk

Exercise: Take a five-minute walk after a meal, leaving your phone behind. Focus on the sensory experiences around you.

What did you notice during your walk that you usually miss? How did this walk make you feel?

Day 2: / / 202..

Bedtime Reading

Exercise: Read 2-5 pages of a book in bed, keeping your phone in another room.

Did this change your usual bedtime routine? How did reading before sleep affect your mood or sleep quality?

Day 3: / / 202..

Combining Activities

Exercise: Repeat both the walk and reading activities. Observe the cumulative effect on your well-being.


How do these activities complement each other? Do you see benefits in continuing them?

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." – Buddha

Financial Mindfulness Section

Day 1: / / 202..

Gratitude for Money




Exercise: Each time you spend money, take a moment to express gratitude for your financial resources and the services or goods you are receiving.

Reflect on your feelings during these moments. Did this exercise change your perspective on spending money?

Day 2: / / 202..

Observing Money Attitudes




Exercise: Continue practicing gratitude with each transaction. Notice any shift in your feelings towards money – is it more positive, stressful, or neutral?

Write about any changes in your attitude towards money since starting this practice.

Day 3: / / 202..

Envisioning Financial Health



Exercise: Visualize your ideal personal and professional situation. What role does money play in this vision?

How can your current financial habits be aligned or adjusted to reach this envisioned state?

*"Money is a tool. Used properly it makes something beautiful;
used wrong, it makes a mess!" – Bradley Vinson*

Mindful Living Space Section

Day 1:/..../202..

Welcoming Your Space

Exercise: Create a habit of greeting your home each time you enter. This could be a simple nod, a touch, or a verbal greeting.

How does this small act of acknowledgment make you feel about your living space?

Day 2:/..../202..

Planning for Decluttering

Exercise: Identify a small area in your home for decluttering. Imagine how you wish this area to be.

Describe your feelings towards this space currently and your expectations post-decluttering.

Day 3:/..../202..

The Decluttering Process

Exercise: Declutter the area: take everything out. Now, pick up each object in your hands. If you feel something, keep it, if you don't, it goes out. Focus on how the process feels and the satisfaction of creating order.

Reflect on the experience and outcome. How has decluttering this space affected your feelings towards your home?

*"The objective of cleaning is not just to clean,
but to feel happiness living within that environment." – Marie Kondo*

Daily Gratitude

I'm grateful for (Mon)

I'm grateful for (Tue)

I'm grateful for (Wed)

I'm grateful for (Thu)

I'm grateful for (Fri)

I'm grateful for (Sat)

I'm grateful for (Sun)

This week I'm grateful for:

Congratulations on completing
this journey through 'Microsteps to Change' !!

You've taken significant steps towards enhancing your well-being
and unlocking a more mindful, balanced lifestyle.
Remember, the practices and reflections you've explored here are
just the beginning. The true magic lies in continuing these habits,
integrating them into your daily life for lasting physical and
mental health benefits.

You've embarked on a path of self-improvement, and I encourage
you to keep moving forward.

To deepen your journey and join a community of like-minded
individuals, I invite you to explore my online course. There, we'll
dive deeper into transformative practices and share our
experiences in a supportive environment, specifically tailored for
working mamas seeking positive change. Your journey doesn't end
here; it evolves. Let's continue together, creating and nurturing
the habits that bring joy, balance, and fulfillment into our lives.

With all my love and motivation,

Your friend,
Pau

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