

EXERCISE 6

Focus on One Big Rock

You don't have to change everything at once. Choose one important area of your life and take the first step. Small, consistent steps lead to lasting change.

1. Choose one Big Rock

Look at the Big Rocks you've identified.

Choose the one you genuinely feel ready and excited to begin.

MY BIG ROCK

2. What does success look like?

If this Big Rock goes really well, what will your life look like? Be as clear and specific as you can.

For example, instead of writing "I want to learn more Torah," write "I'll learn for 15 minutes every morning before work."

MY GOAL

3. Why does this matter?

Complete this sentence: this matters to me because... Now ask yourself, "why does that matter?" Keep asking "why?" until you reach the answer that really motivates you.

4. What's my first step?

Think small. Think simple. Think doable. What's the very first step you could take? Ideally, it should be something you could do today or tomorrow.

MY FIRST STEP

5. When will I do it?

Choose a day and time. Putting it in your diary makes it much more likely to happen.

I WILL DO THIS ON...

6. Get support

You don't have to do this alone. Who could encourage you, support you, or give you advice along the way?

WHO COULD HELP ME?

HOW WILL I CONTACT THEM?

☐ WhatsApp ☐ Phone ☐ In person ☐ Other: _____

WHEN WILL I DO THIS?

7. Make success easier

What's most likely to get in the way? What could you do now to make success easier?

POSSIBLE OBSTACLE

MY PLAN

8. Check your confidence

How confident are you that you'll actually do this? Circle one number.

1	2	3	4	5	6	7	8	9	10
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If you circled less than 8, ask yourself why — what's the reason, and what could you do about it?

THE REASON

WHAT I CAN DO ABOUT IT

9. Ask Hashem for help (optional)

Finish with a short prayer in your own words. Ask Hashem to help you stay focused, overcome obstacles, and succeed in taking your next step.

