

YOUTH DEVELOPMENT TOOL 03

# One Next Step

**Turn a big goal into one action you can take today.**

When a goal feels overwhelming, it helps to focus on the next useful step instead of every step at once. A next step should be clear, realistic, and small enough to begin now.

## Choose one area

- Pick one area that matters right now: school, a relationship, health, work, a personal habit, or something in your community.
- Name what you would like to be different.
- Keep it focused on something you can influence.

## Make it smaller

- Instead of “fix everything,” choose one task that takes 10 to 30 minutes.
- Use this sentence: “By \_\_\_\_\_, I will \_\_\_\_\_.”
- Examples: email a teacher, list missing work, apologize, schedule a check-in, take a walk, or ask for information.

## Plan for support

- What could make this harder?
- Who could help you stay on track?
- When will you check your progress and decide what comes next?

**GROW reminder: Progress can begin with one honest conversation, one thoughtful choice, or one small action.**

Make it yours

# Reflection and action page

Use this page to write down what stands out and choose a next step. There is no perfect answer. Honest answers are useful answers.

**What stands out to me from this guide?**

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**What is one thing I want to do differently or keep doing?**

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**Who could support me with this?**

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**My commitment:** My one next step is:

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This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.