

# Microsteps RoadMap

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Your roadmap to life-changing microsteps that will help you detox from the drug of achievement & start feeling inspired & connected.

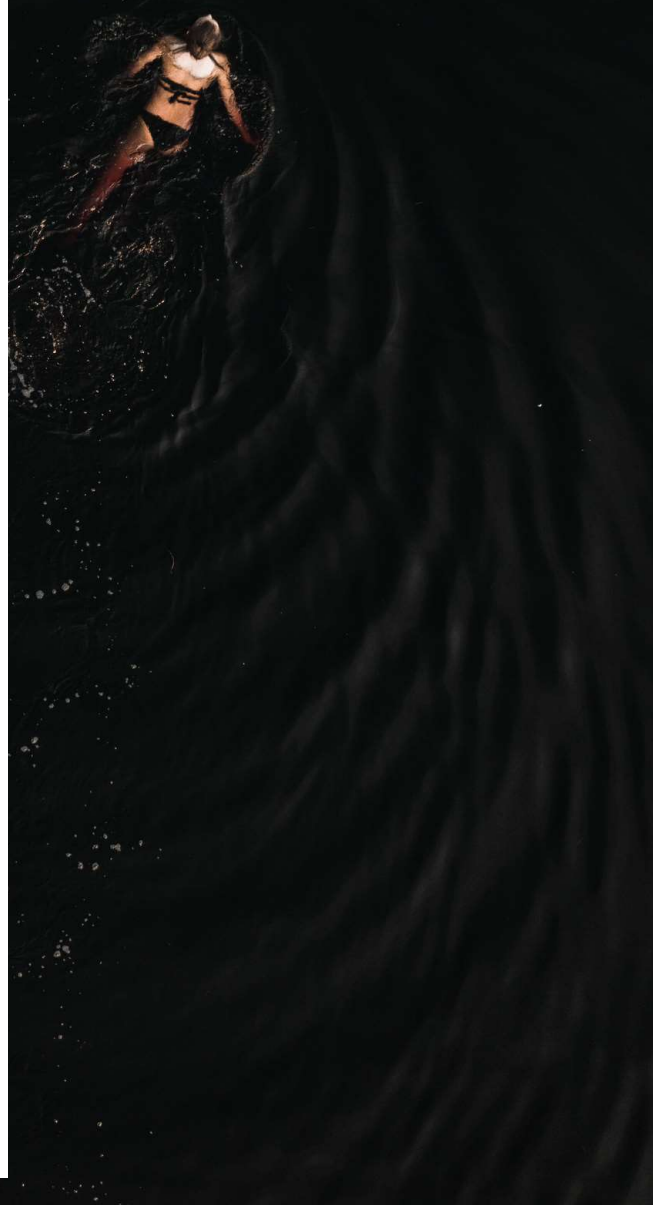
This is your permission slip to put the mask down that you share with the world. Ask yourself what do you want for your life and incrementally everyday keep showing up for yourself, one microstep at a time.

#attentiontointention



@Megan.B.Miller | Megan-Miller.com

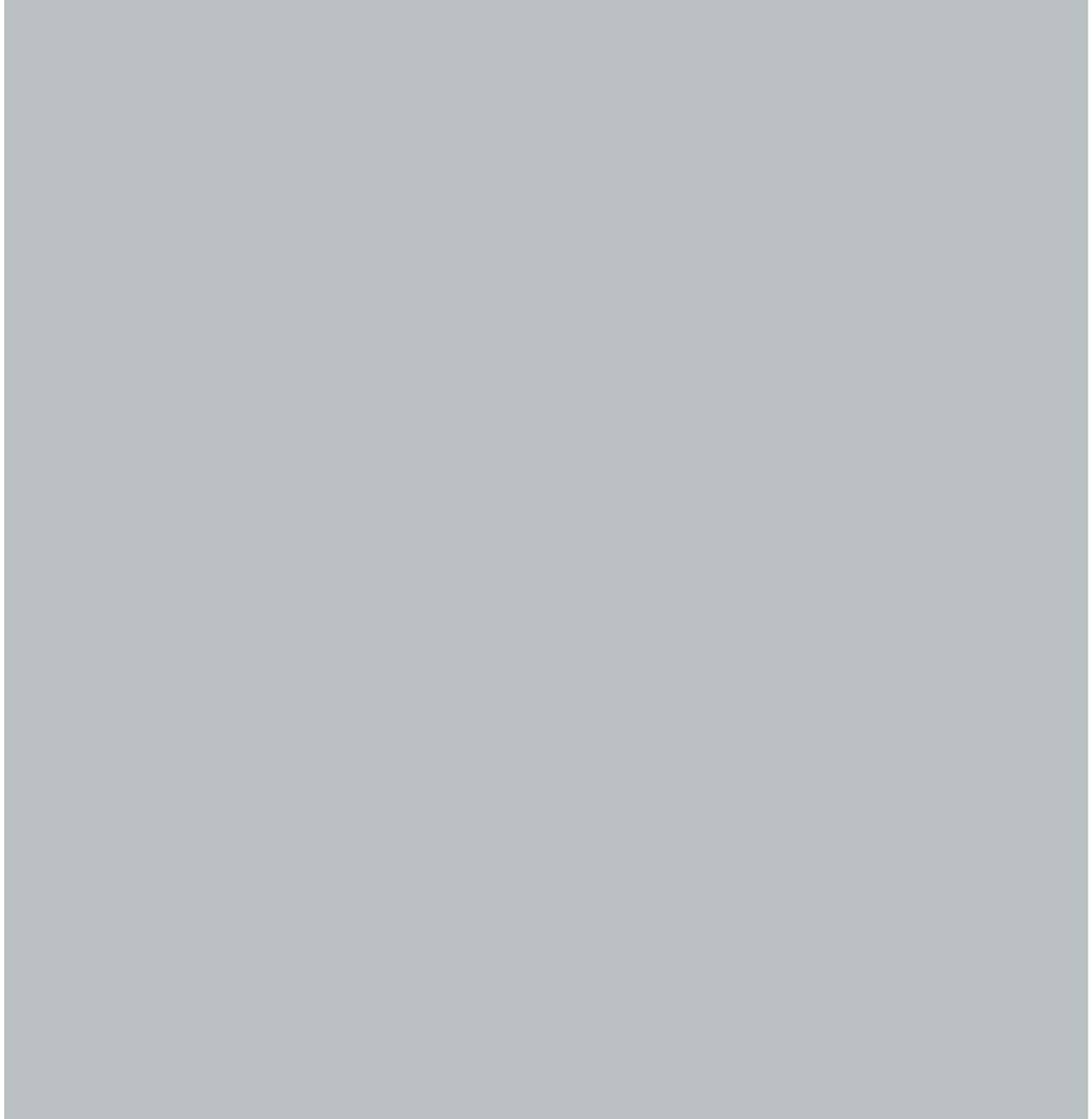
 MEGAN MILLER  
INTENTIONAL LIVING EXPERT



## **Biggest Takeaways:**

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**This is free space for you to jot down what spoke to you. This is for you, by you.**



# Microstep Cheat Sheet

*When we put ourselves on the back burner and put others' expectations of us in the forefront, we feel depleted, voiceless, like we're spinning in circles, and we get frustrated.*

*We can flip the script when we keep the promises to ourselves. What promise will you keep to yourself?*

## **Get Up When Your Alarm Rings.**

Start your day by keeping the first promise you made to yourself the night before. Pick a time to get up & commit to it. Bonus Points if phone is off the nightstand.

## **Spend 5 Minutes Journaling In the AM**

Before you let the rest of the world in, spend time freeing the thoughts in your head by putting them onto pen and paper. Don't reread it, don't try to make it perfect - this is for YOU by YOU. Journal Prompt: How am I feeling today & why?

## **One Act of Kindness**

When you start your day with kindness, you'll show up differently throughout the day. When you look for good, you find good. Smile to the school bus driver when the kids are picked up or drop that colleague a message that says 'you killed it this week during that presentation'

## **Do One Thing that Brings You Closer to Your Goals**

You want to start a blog: block 10 minutes to write. You want to salsa dance: book the Tuesday night sales class & GO  
If you don't know your dreams for your life, go to [megan-miller.com](http://megan-miller.com), click podcast, and listen to Episode 3

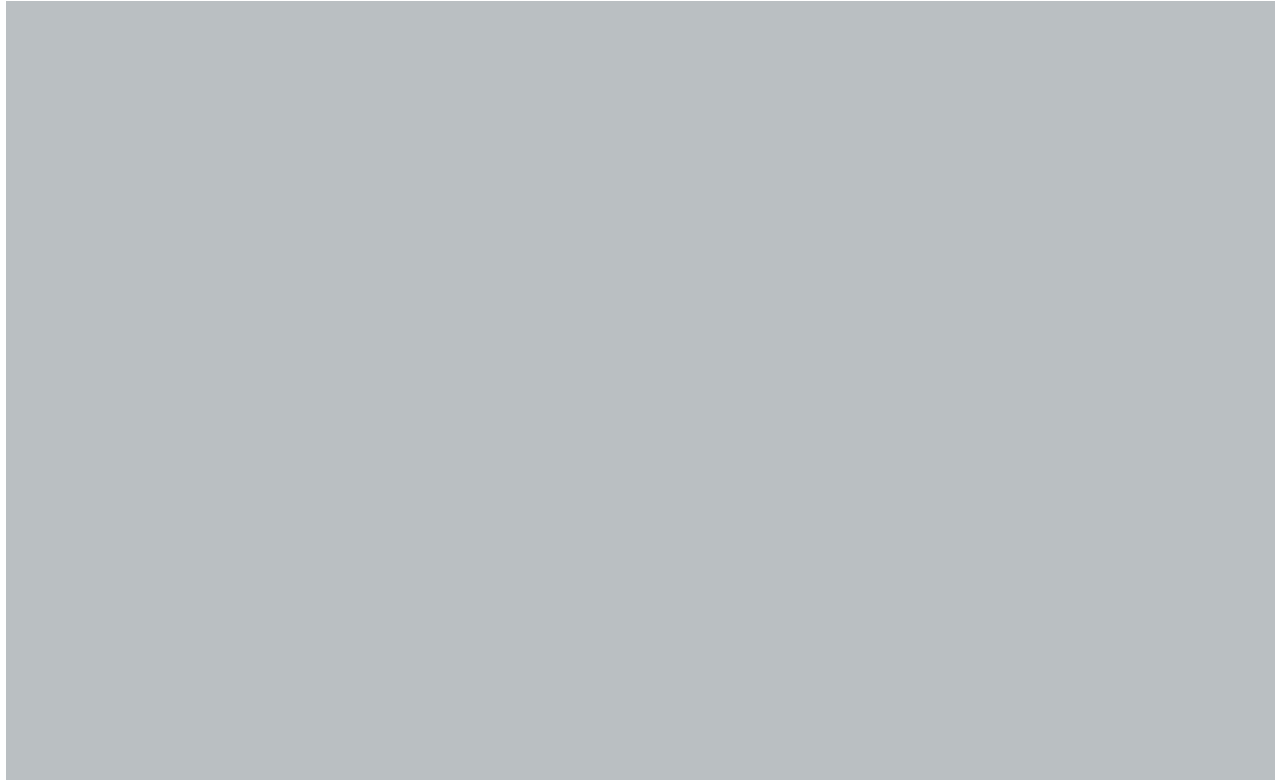
## **Find 10 Minutes To Do Something You Love**

Walk the dog down the block, no phone, no earbuds - just yourself and nature. Sit with your partner or your kids or even yourself and talk about your day (what went right, what did you learn). Schedule that Monday virtual lunch with a friend. Bonus points for no phones

## **My Microstep Promise to Myself**

**Below write what ONE microstep you're going to do within the next 24 hours. All you overachievers out there, pick ONE & do it for a week.**

**After week one, add another for one week and so forth. Remember brick by brick.**



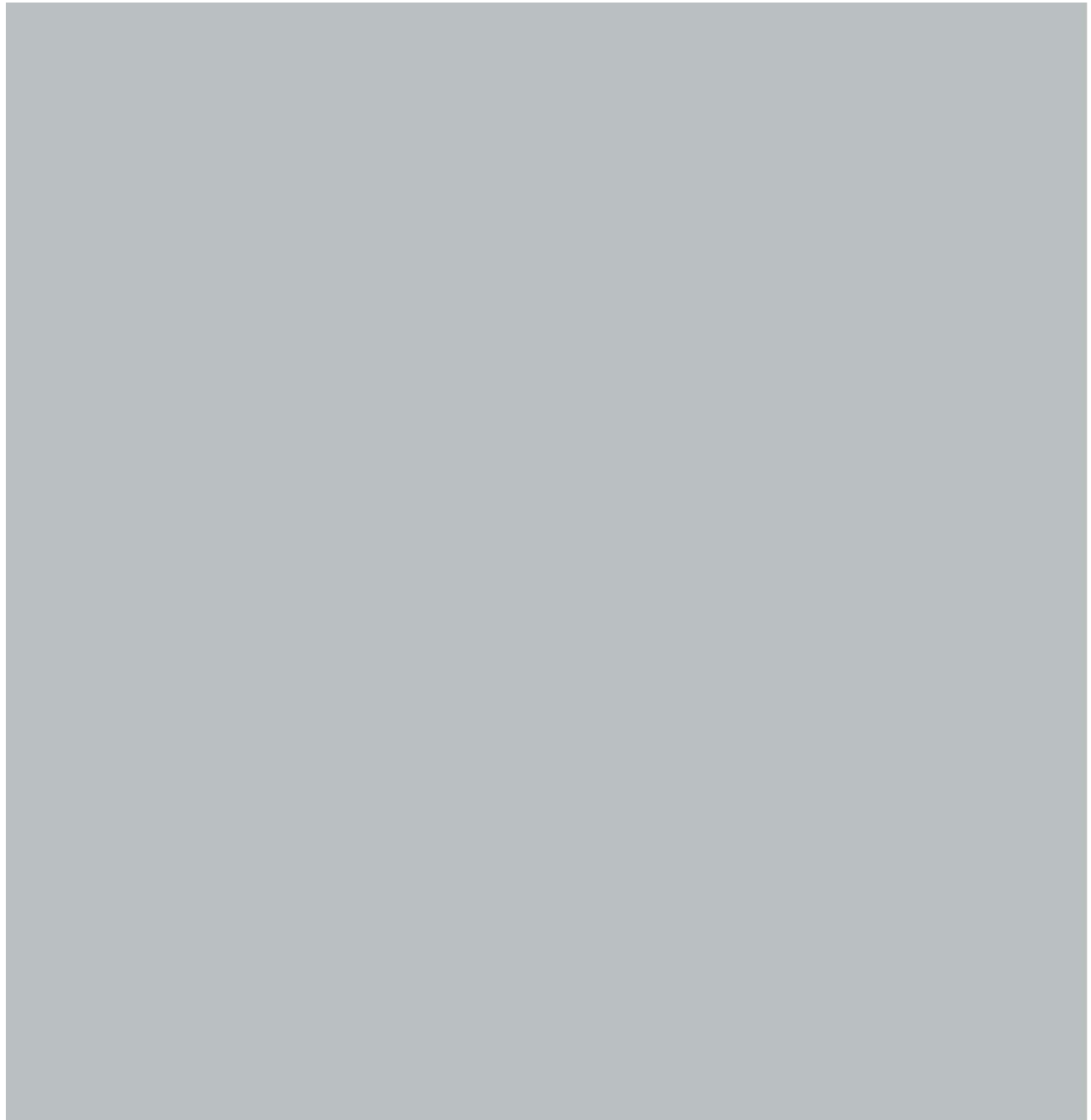
## **My Aha Moments**

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As you work through the next 21 days of adding more intention & microsteps to connect with yourself. Use this section to write down your aha & breakthrough moments.

- It can be a memory of childhood as to why you act / behave in a certain way
- It can be a discovery of how much you missed a certain hobby / person in your life
- It could be how these morning rituals are having you show up different in your days

There is no right or wrong answer here. This is for you by you.

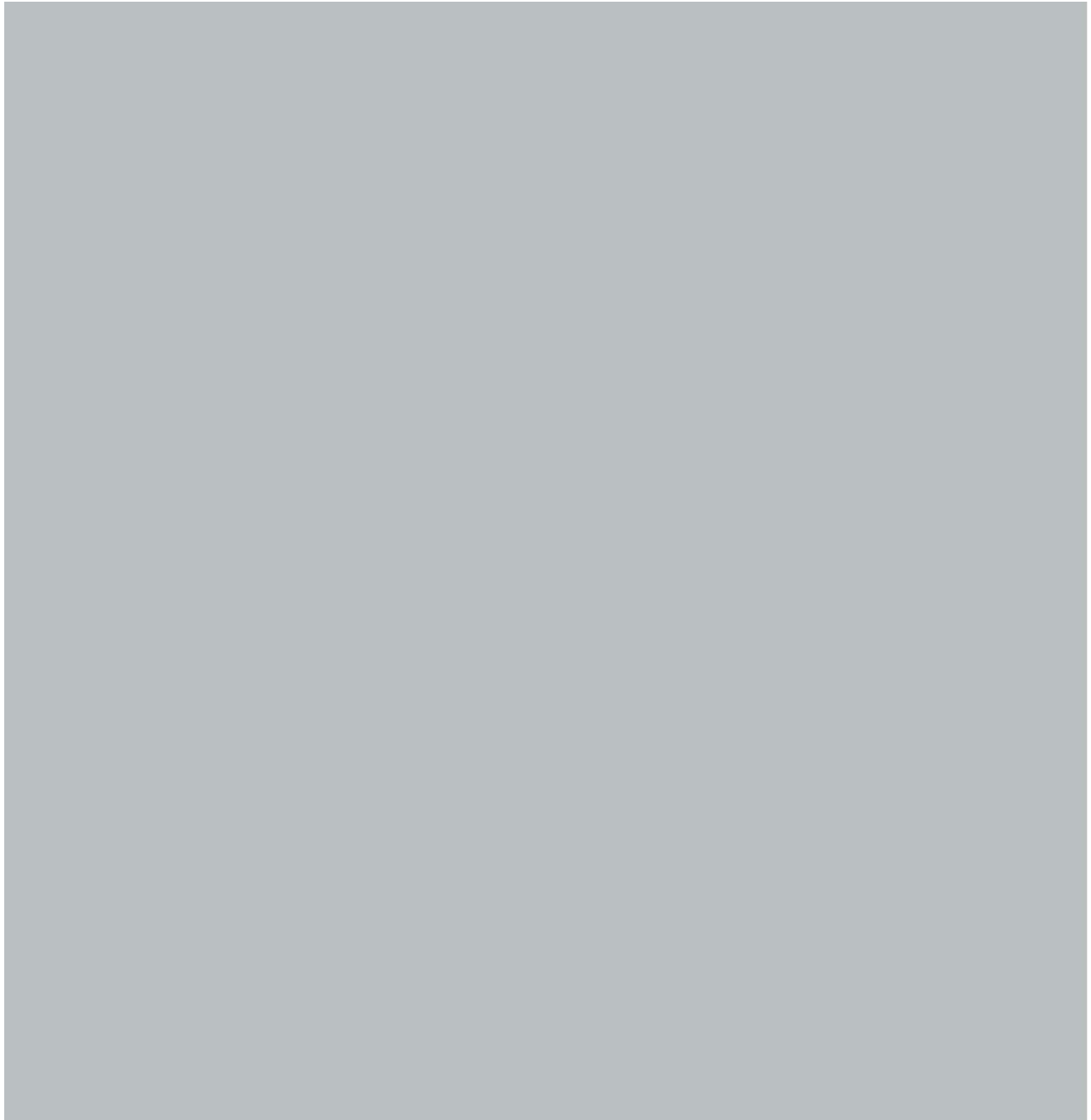


## **The Roadblocks**

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As humans, our minds are wired for comfort. When we start to step out of that comfort zone our brains get in fight or flight mode and will 'trick us' with fear, anxiety, guilt. Remember that a\*\*hole roommate we talked about?

Use this section to write down how fear has shown up for you. What stories is your mind telling you & how is it holding you back? (side bar, it's **NORMAL**)



## Now What

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*It's not about investing boatloads of money, it's not about the quick fix, it's not even about talent.*

*It's about taking the time (consistently) to listen to what the person in the mirror is asking from you and that's through small daily habits that will build the foundation and create this ripple effect in your life.*

**After your 21 day commitment, Write below a promise that you're going to make to yourself on how you're going to keep showing up for you**

■ **Keep Connection With Your Tribe**

Life gets 10X harder when we think we need to do it alone. You have a community around you that cares about you and wants to see you succeed. Use it! (consistently)

■ **Listen to Attention to Intention Podcast**

You are what you feed your mind. Start your day off by listening to motivating content that leaves you feeling inspired & connected to yourself. Go to [megan-miller.com](http://megan-miller.com) & subscribe to the podcast for weekly 20 minute updates on intentional living.

■ **Stay Connected to Our Community**

Go to [megan-miller.com](http://megan-miller.com) and sign up to receive weekly Microstep Monday content