



THE MOVEMENT PATHWAY ©

What is the next step I can take that is so small I cannot talk myself out of it?

STANDING STILL
NO MOVEMENT

1

SELF

2

ENVIRONMENT

3

DIRECTION

TAKING STEPS
MOVEMENT

SELF AWARENESS (internal blockers)

The Fog: I don't know where to start

If I had to start with just one tiny step, what would it be?
(Your brain always knows one. It just hides it behind perfection.)

The Weight: It feels too big

What is the smallest version of this that still moves me forward?
(Shrink the mountain until it fits inside a single moment.)

The Lie: I'm waiting to "feel ready"

What would I do if I wasn't waiting on a feeling?
(Readiness is a result of movement, not a requirement for it.)

The Pressure: Fear of doing it wrong

What would this look like if it didn't have to be perfect — just honest?
(Perfection blocks movement. Honesty invites it.)

The Drift: I keep getting pulled into everything else

What deserves my attention before everything else tries to claim it?
(Drift disappears when priority becomes visible.)

What is the next step that requires the least courage but still counts as movement?

(This bypasses fear, perfection, overwhelm, readiness, and distraction in one move.)

ENVIRONMENT AWARENESS (external blockers)

The Chaos: My environment is cluttered, messy, or overstimulating — it pulls my attention everywhere except forward.

What can I remove right now that would create even 10% more space to move? (Movement begins the moment friction is subtracted.)

The Noise: There are too many distractions — digital, social, or emotional — for me to stay focused.

What distraction, if silenced for 10 minutes, would give me room to begin?
(You don't need quiet forever — just long enough for the first step.)

The Friction: Something about my environment makes the first step harder than it should be.

How can I make the first step easier than doing nothing?
(Reduce the resistance below the threshold of avoidance.)

The Gap: I don't have the tools, space, resources, or support I need to make movement easy.

What is the simplest version of this that I can do with what I have?
(Capability grows from doing the possible, not waiting for the ideal.)

The Anchor: Something in my environment keeps pulling me back into old patterns or routines.

What tiny shift in my environment would signal the start of a new pattern?
(Change the cue, and behavior changes with it.)

What around me is making movement harder than it needs to be?

It surfaces friction, clutter, distractions, missing tools, unsupportive routines, and old patterns — all in one sweep.

DIRECTION AWARENESS (clarity blockers)

The Blur: I haven't defined what 'forward' means yet.

If today had one meaningful win, what would it be?
(Movement requires a visible target.)

The Mountain: My direction feels too big or too far away.

What's the next inch, not the whole mountain?
(Shrink the future until it becomes doable.)

The Mix-Up: I'm focusing on too many directions at once.

Which direction matters most right now?
(Prioritization is clarity in motion.)

The Guess: I'm not clear whether this direction actually matters.

If this direction succeeded, how would my life or work meaningfully change?
(Purpose turns guessing into choosing.)

The Missing Step: I know the end goal but not the next tiny step.

What is the smallest action that proves I've started?
(Proof creates progress.)

What does 'forward' look like today?

(It cuts through overwhelm, perfectionism, and vagueness.)