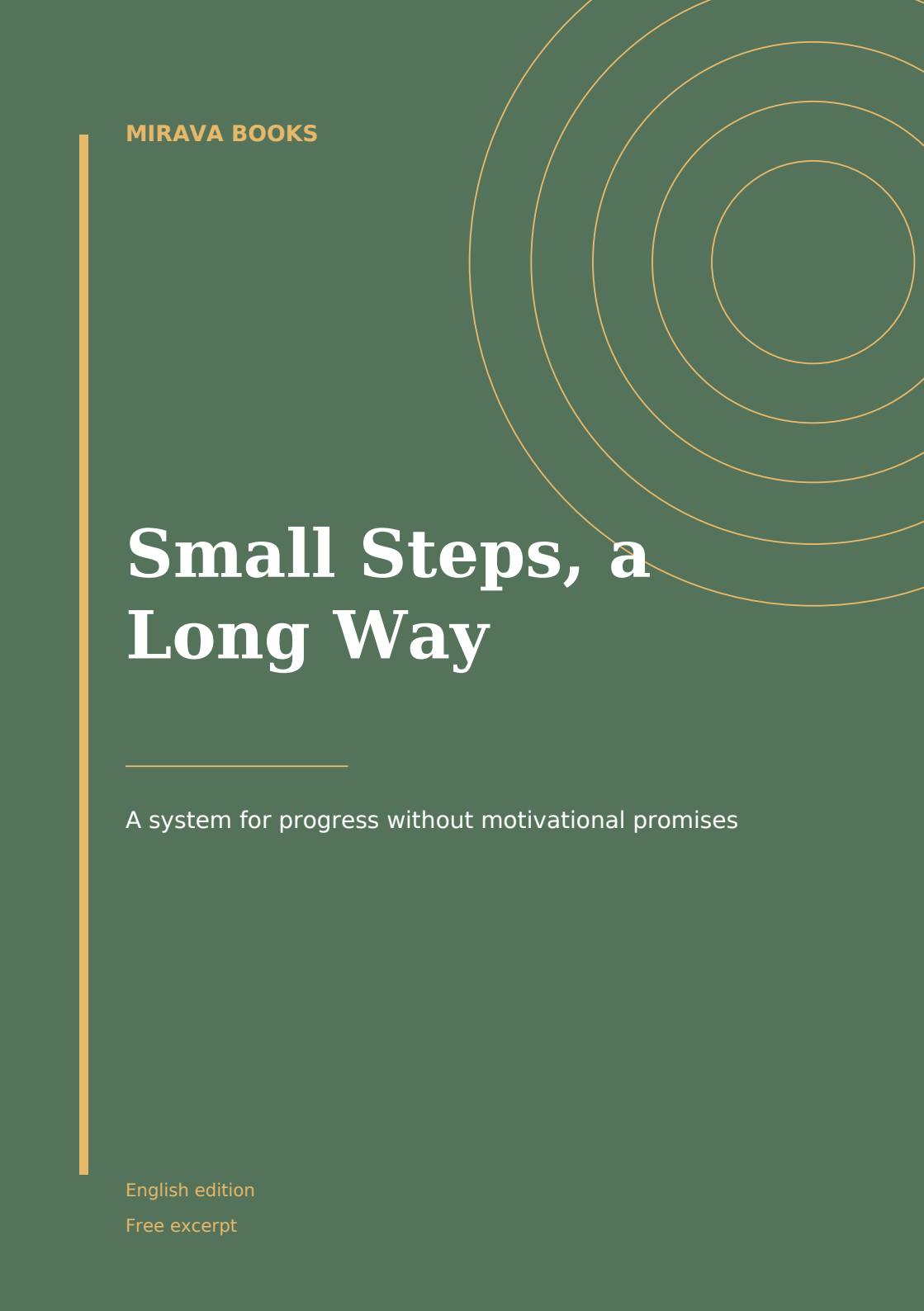




MIRAVA BOOKS

Small Steps, a Long Way

A system for progress without motivational promises

English edition

Free excerpt

Small Steps, a Long Way

A system for progress without motivational promises

English edition · Revised edition · October 2026

This guide is for people tired of starting again every Monday. It offers a small working cycle: choose a direction, prepare conditions, try an action and review the result. Read one chapter at a time and keep only useful notes. The examples are fictional; the text was prepared with the help of artificial intelligence. There is no promise of rapid success, a universal habit-formation deadline or guaranteed income growth. The book helps organise a process without removing external constraints or replacing necessary professional support.

MIRAVA · Text and translation prepared with AI assistance.

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- 05 Comparison with yourself
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A goal as a direction

A student wants to “learn a language”, but that does not identify today's task. They choose twenty minutes of practice five days a week and one conversation, where scheduling permits. The direction remains broad while the action becomes visible. Study hours do not establish language proficiency; define a result separately, such as explaining a familiar everyday request and understanding the reply.

Name the desired change and its purpose: what will you do, and why does it matter now? Choose an action under thirty minutes, frequency and place. Check work, travel and household duties before copying someone else's routine. Two realistic sessions may be more honest than five promised ones. Results also depend on practice quality, available help and task difficulty.

Prepare a minimum version: repeat three phrases, read a paragraph or check an example. This is a backup, not a new standard secretly replacing all learning. Define completion rather than judging a session by mood. Reconsider a direction imposed by others' expectations; discipline does not make an unwanted task your own goal.

Practice: fill four lines: desired change, action, frequency and minimum. Add one outcome indicator and a review date next week. Compare plans with actual capacity afterwards. If nothing started, clarify starting conditions instead of writing another pledge. A goal should identify the next step rather than impress people or cover every part of life simultaneously.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] NHS — How to warm up before exercising; exercise video safety information · www.nhs.uk