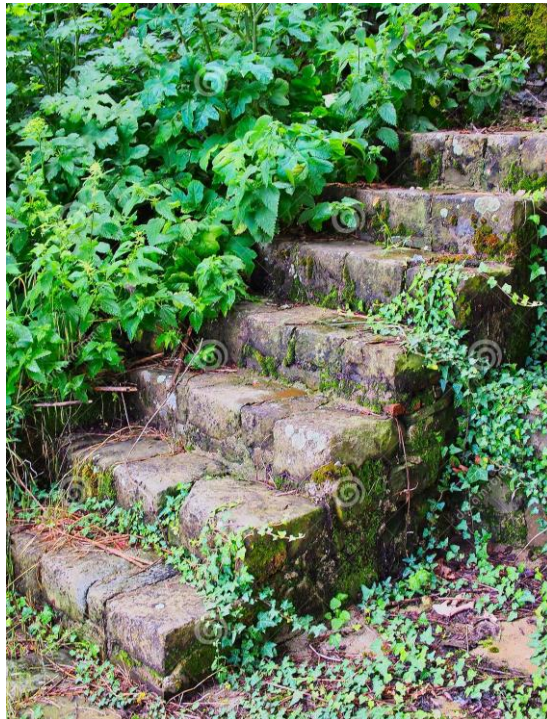


Steps



- Do you like to get things done and tick them off your list, or are you a bit of a procrastinator?
- It's easy to feel overwhelmed by the amount you need to do, but it helps to decide what the first, small step needs to be.
- Is there an new venture you'd like to pursue, but you're not sure how to get started?
- Don't wait until the circumstances are perfect, they'll never be perfect – have the courage to take that first step.
- It's normal to feel apprehensive about change, but stepping out can change your perspective.

'You don't need to see the whole staircase, just take the first step.'
Martin Luther King

