

# Potty Pointers

## Make Progress Every Day



Sometimes a big change can seem so overwhelming that we just feel like giving up. If you're starting from zero, building a large savings fund may seem almost impossible. Exercising the recommended 60 minutes per day may seem unreachable if you've been a couch potato for the past few years.

The secret to making progress is getting started and moving forward each day. Here are three small steps:

1. Review your goals. Keeping your goals in mind will prompt you to take action.
2. Learn something new. Read an article. Watch a television show. Talk to other people. Visit relevant websites or Facebook pages. Follow experts on Twitter.
3. Take action. Break big goals into smaller daily actions. It makes them seem more "do-able." Add 10 minutes of daily exercise. Save \$1 more per day.



Keep track of your progress to see how daily actions add up. Move toward your goal every day.

**Learn more strategies for success with Small Steps to Health and Wealth.**

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