



The  
Power  
of One

**CURIOUS**

Catalysts



Caitlin McDonald





the

# POWER

of one



Feeling stuck? Fortunately, there's a simple yet effective technique to getting unstuck: just do something.

It doesn't matter what the something is. Peel one potato. Take a five-minute walk outside. Wash one dish. Water one potted plant. Anything that isn't nothing. Whatever you do doesn't have to be related to what you're feeling stuck about--in my case, when I feel 'stuck' at work, I often cook something.

Do anything that gives you a sense of your own capability and resourcefulness, no matter how small that is. You don't need to tackle the whole of everything at once, just do one thing that lets you know you're not stuck, and you have the power to do things.

That's the first step to moving forward with your bigger goals.





# START here

As you accomplish one thing, you start to see that moving forward doesn't require monumental leaps—it just requires movement. You're reinforcing the belief that you're not powerless.

Start with one. See where it takes you.





# CURIOUS

## Catalysts



**Curious catalysts** accelerate the process of identifying where we want to go and how to get there.

These are shaped through my coaching work with clients and by powerful insights from leading lights in the field which I've found useful in my own self-development.

Want more? Reach out to me at the website below.

**curiosity and empathy for a world in flux**

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