Little Steps

21 Days of Choosing Yourself

You don't have to change everything. Just start where you are.

Lisa Lopez

AUTHOR + MINDSET LIFE COACH

Start where you are.
Bring yourself with you.

This is not a test to pass or a plan to perform perfectly. It is a simple place to practice choosing yourself again.

HOW TO USE THIS GUIDE

Let doing count.

Give yourself permission to make this fit your real life. The smallest honest step is still a step.

1. **Choose your starting point.**
   Begin with today, not the day you wish you had started.
2. **Set one small promise.**
   Make it clear enough to keep on an ordinary day.
3. **Return without shame.**
   If you miss a day, you have not failed. You have a next step.

A REMINDER TO CARRY

You are not behind.

You are allowed to move at the pace that makes consistency possible. Hope and resilience can be quiet.

SET YOUR INTENTION

What do I want to feel more of?

My reason for starting:

YOUR MINIMUM VIABLE DAY

When life gets full, I can still…

Choose the smallest version of your promise that keeps the relationship with yourself alive.

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21 Days of Choosing Yourself

You don't have to change everything. Just start where you are.

> You don't have to change your whole life today. Sometimes choosing yourself begins with one small decision—and then another.

For a long time, I thought I had to get everything right before I could feel proud of myself. One hard day could make me question the whole journey. If I missed a workout, changed the plan, or needed a break, I treated it like proof that I was not doing enough.

Then I started asking a different question: *What do I need today to keep moving forward?* Sometimes the answer was a full workout. Sometimes it was rest, a boundary, a glass of water, or beginning again without shame. The small choices did not look dramatic. They became a way of reminding myself that my story was not over.

Consistency is not about never struggling. It is about choosing yourself in small, daily increments. You can give yourself grace and still keep going. You can pivot and still be making progress. You can start where you are.

You don't have to have everything figured out to choose yourself today.

01

THE NON-NEGOTIABLE RULE

Make it sustainable, not perfect.

Build a version you can return to on a tired Tuesday. A pivot is not a failure; it is information. Progress counts when you give yourself grace and keep moving.

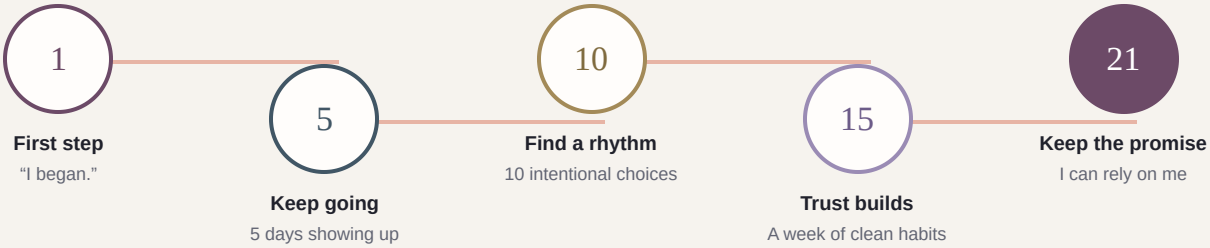
TODAY, CHOOSING MYSELF LOOKS LIKE…

Make progress feel like progress.

Choose your rewards before you need them. The point is not to “be good.” The point is to notice yourself showing up.

THE VISUAL MILESTONE LADDER

Color in a circle when you reach a milestone — pounds, days, habits, or any measure that matters to you.



THE “TREAT YOURSELF” BANK

Pick one now and write it into the circle you want to earn. Rest is not something you have to deserve.

01 · SENSORY / REST

Let your nervous system exhale.

Simple comforts that make a regular day feel cared for.

- An uninterrupted 30-minute hot bath with a book
- A fresh candle or a new room scent
- An extra 45 minutes of guilt-free morning sleep
- A favorite playlist and a no-phone evening

Attach to circle # _____

02 · IDENTITY / CONFIDENCE

Invest in the person you are becoming.

Small signals that reinforce your identity beyond a number.

- A new workout top that feels like you
- A fresh set of pens or highlighters
- Download a book on Audible
- A manicure, haircut, or “main character” accessory

Attach to circle # _____

03 · EXPERIENCE

Give yourself somewhere to go.

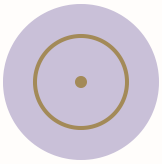
Memories and moments that are not about food.

- An iced coffee solo date at a quiet outdoor cafe
- An uninterrupted walk in the sun
- A museum, garden, or neighborhood to explore
- One hour for a hobby with no productivity goal

Attach to circle # _____

Little messages.
Real momentum.

Check the box for what you did — not how perfectly you did it. Then leave yourself one honest, useful line.



21 days of choosing yourself

One small action is enough to keep the relationship alive.

DAY 01 ○ I started where I am.	DAY 02 ○ I showed up again.	DAY 03 ○ I gave myself grace.	DAY 04 ○ I listened to what I needed.	DAY 05 ○ I took the next step.	DAY 06 ○ I made space for myself.	DAY 07 ○ I let progress count.
DAY 08 ○ I chose what felt aligned.	DAY 09 ○ I remembered I'm human.	DAY 10 ○ I told myself the truth.	DAY 11 ○ I kept going.	DAY 12 ○ I chose peace over pressure.	DAY 13 ○ I kept a promise to myself.	DAY 14 ○ I began again without shame.
DAY 15 ○ I made it intentional.	DAY 16 ○ I stayed present.	DAY 17 ○ I adjusted instead of quitting.	DAY 18 ○ I trusted the next step.	DAY 19 ○ I recognized my progress.	DAY 20 ○ I'm still becoming.	DAY 21 ○ I chose myself.

The daily “little note to self”

What encouraging message or grounding boundary do you need this morning?

TODAY _____

Non-scale victories

Your life is giving you feedback beyond the scale. Catch it.

A boundary I held today: _____

How my energy / clothes felt: _____

Where I gave myself grace: _____

Look what changed when you kept going.

Before you rush into the next goal, pause long enough to notice the evidence. Your progress deserves to be witnessed.

There is more here than a completed tracker.

There are choices you made, moments you handled differently, and promises you practiced keeping. Let those things count.

NOTICE

What became easier?

A habit, a boundary, a conversation, or a choice that felt less difficult.

RECOGNIZE

Where did I show up?

What did you do that the version of you from 21 days ago might have avoided?

GIVE GRACE

What still needs care?

Growth does not mean everything is finished. What deserves patience instead of pressure?

CARRY FORWARD

What will I keep?

Choose one practice, boundary, or reminder you want to bring into the next 21 days.

MY NEXT CHAPTER BEGINS WITH

One small step.

This isn't the finish line.

It's another beginning. Choosing yourself doesn't happen once. It happens in the small moments when you decide to keep going.

A NATURAL BRIDGE

You can begin again without having it all figured out.

This isn't the finish line. It's another beginning. Choosing yourself doesn't happen once. It happens in the small moments when you decide to keep going, give yourself grace, listen to what you need, and take the next step.

Maybe the goal is not to become a new person overnight. Maybe it is to remember that you are not alone, hold on to hope, and let resilience have a place in your story.

01
Notice
See what is actually happening without judgment.

02
Choose
Take the next honest step available to you.

03
Own
Let the decision become evidence you can rely on yourself.

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For reminders about growth, resilience, intentional living, and choosing yourself one small step at a time, connect with Lisa and follow the journey behind *She Chose Herself*.

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There is a story behind these words.
Lisa Lopez's forthcoming book, *She Chose Herself: One Small Step at a Time,* shares the journey behind the message.