CHOICE & ACTION

One Small Act of Will

About 5-10 minutes, including a small action

This workbook offers a gentle introduction to the practice for you to explore on your own; deeper work is best undertaken with the support of a professional counsellor.

Give a chosen intention a practical form

There can be a gap between wanting to do something and finding a way to begin. This practice invites you to choose one small action that matters to you and make it manageable in your actual day.

Will, here, means your capacity to choose and direct an action. The size of the task is less important than having some say in how you approach it.

1. Choose something you want to attend to

Start with an ordinary intention: making time for an interest, preparing a task or getting in touch with someone. Ask: "Why does this matter to me?" If the task no longer seems worthwhile, you can reconsider it.

2. Make the action small and specific

Choose a step that takes a few minutes. Instead of "sort out the room", you might clear one small surface. Instead of "get back to drawing", you might put out a pencil and make a few marks.

Decide where to stop before you begin. Two or five minutes may be enough. Choose a step that fits your energy, access and circumstances.

3. Prepare what you need

What would make this step possible? You might need an item within reach, a quieter moment, clearer information or some help. If the step is still too much, make it smaller or choose another time.

4. Try the action

If now is a suitable time, begin the step you have chosen. Notice what happens as you do it. When you reach your stopping point, pause. You can finish there, even if you could do more.

If you choose to continue, make that a fresh decision. You do not owe yourself a larger task because you managed a small one.

5. Learn from the attempt

What helped you begin? What got in the way? If you did not start, look at what was missing or difficult. You may need a different step, more support or some rest. Use what you notice to decide what comes next.

Choose an ordinary, low-stakes action. This exercise is not a test of discipline, and you can stop or change your plan if it is not workable today.

ONE SMALL ACT OF WILL

Choose a manageable step

What I want to attend to, and why it matters to me:

My small action, what I need, and where I will stop:

What happened, and what I learned about making it workable:

Count the practical information

Perhaps preparing the materials was the useful step. Perhaps the task needed more time than you had, or it mattered less than you expected. Those observations can help you choose what to do next.

The aim is to explore conscious choice. You do not need a daily streak, a bigger task or a judgement about your character.

ONE SMALL ACT OF WILL

Returning to the practice

Over four weeks

Follow the pace in your Development Map plan if this practice has been recommended. Repeating a small action is an option; increasing it is not a requirement.

Week 1 | Notice where you want to begin

Recognise an ordinary intention and what makes starting easy or difficult. Choose a small possible step. Try it if the time and circumstances fit.

Week 2 | Adjust the conditions

Return to the same intention if it still matters. Look at the size of the step, what you need and when you could try it. Change one practical detail if that would help.

Week 3 | Make a deliberate attempt

Choose a step and a stopping point, then try it at a workable time. Notice the difference between the action you intended and what was possible. Adjust without turning the review into a verdict on yourself.

Week 4 | Decide what to carry forward

Which conditions helped? Does the intention still matter? You can repeat the same step, choose another, ask for help or let the task go.

What helps me turn a chosen intention into a workable action?

This practice supports self-reflection. It is not a treatment or a substitute for professional support.

Work with me

If this workbook has opened up something you would like to explore further, you are welcome to get in touch. I offer psychotherapy and counselling in Dalston, East London, and online. We can use an initial session to consider what brings you to therapy and whether working together feels right for you.

BOOK AN INITIAL SESSION	CONTACT ME