



Small Steps, Steadier You

A practical starting point for the Self-Help & Motivation shelf

Turn what you know into a next step you can repeat.

SHAD EDDIE MONGRUE

Free preview edition · pages 1–2

shadeddiemongruebooksgallery.com

01

Why This Shelf Matters Now

You do not need a perfect plan to grow at work or at home. You need a next step that fits real life and gives you room to keep learning.

- ◆ Habit timelines vary, so give your routine room to take shape¹.
- ◆ A clear when-and-where plan gives an intention a practical place to happen¹.
- ◆ Learning matters, but knowledge alone does not change behavior¹.
- ◆ Small actions give you something useful to practice in ordinary days.

In Dr. Pippa Lally's study, participants took an average of 66 days to form a daily habit, but times ranged from 18 to 254 days¹. That wide range gives you room to build at your own pace. A clear plan helps you act¹, while knowledge alone does not change behavior¹. This book helps you bridge that gap with practice you can fit into your day. Next, you'll choose a first action and give it a place.

INSIDE THIS BOOK

You'll make a small plan, explore how habits develop, and try a starter routine. You'll also look at ways practical learning can support your work, money choices, and life at home.

02

Your First Quick Win

Choose one useful action you can finish today in under 30 minutes. Keep it small enough to start and clear enough to know when you are done.

- ◆ Pick one area: work, home, or a personal skill you want to strengthen.
- ◆ Choose an action you can finish, such as organizing one work document.
- ◆ Set a time and place instead of waiting for the right mood.
- ◆ Afterward, note what helped you begin and what you might change.

This is a chance to make an intention easier to act on, not a test of willpower. A clear plan for when and where you'll do something makes you more likely to do it than a vague intention¹. Try your action, notice how it fits your day, and decide whether to repeat or revise it. Next, you'll learn the simple ideas behind actions that stick.

KEEP READING WITH US

Join the free Reader's Circle to keep reading and hear about new shelf releases, or reserve a prepaid Insider membership for the full library, member pricing, and extras at shadeddiemongruebooksgallery.com.

Keep reading: four more pages are waiting

You've read the free pages. Here's what the rest of this book covers:

- 3 The Ideas Behind Habits
- 4 Your Seven-Day Starter Plan
- 5 Learn and Earn
- 6 What You Gain Next

BY THE END OF THIS SHELF, YOU WILL

- ◆ Turn intentions into clear actions.
- ◆ Understand how habits develop over time.
- ◆ Set goals that fit your daily life.
- ◆ Find ways to practice skills at work and home.
- ◆ Adjust your plan and begin again.

JOIN FREE OR GO INSIDER

Join the free Reader's Circle at shadeddiemongruebooksgallery.com to unlock the full book and hear about new shelf releases first. Want the whole library? Reserve a prepaid Insider membership for every shelf, member pricing and extras.

Sources for the free pages

Every statistic in this book is numbered and links to the page it came from. Each one was checked word for word against its source in October 2026. Figures can change as sources update. This book is for education and is not personal financial, legal, medical or professional advice.

- 1 **University of Surrey**, Does it really take 66 days to form a habit? We asked the expert, Dr Pippa Lally (2010). <https://www.surrey.ac.uk/news/does-it-really-take-66-days-form-habit-we-asked-expert-dr-pippa-lally>