

*deep:black are delighted to share these resources*



## Stepping Stones in response to a challenge

### Aims:

- To identify a current position about a challenge
- To see the future and clarify a goal
- To take a moment to identify a small step towards this goal

### Instructions:

- Write out number 1 to 10 on individual pieces of paper
- Place these in order on the floor
- Step on the number where you are at in relation to a challenge and look towards the numbers ahead
- Say where you want to be and walk towards that number
- Turn around and look back to where you were and identify the first (tiny) step you can take to being where you are

For further information about this and other bespoke training, please contact [trupti@deepblack.org.uk](mailto:trupti@deepblack.org.uk)