

The Next Small Step

Written by Kim Isaac, Guest Blogger

Monday, 02 August 2010 21:09 - Last Updated Monday, 16 August 2010 13:51

Blog-a-thon Day 8

Recently, I saw a quote that said, "When in doubt, just take the next small step".

I thought that was an interesting piece of advice. It seems that a lot of times when we are in doubt, the thoughts in our minds may say (or race!), "Take massive action to resolve this. You should know what to do or you are not moving fast enough! An uncomfortable sense of urgency and pressure may kick in as the doubt stirs inside our hearts and minds.

I have experienced these feelings on and off my whole life, personally and professionally. Sometimes, the doubt is something so uncertain, that we may think there are no possible actions to take or we have no idea what actions there are to relieve this doubt.

No matter how big the doubt is, it is important to move forward and resolve. Start with thinking about what the next smallest step would be. A small step may be taking 10 minutes a day to read about something relevant to the doubt, or making one phone call per day to resolve the doubt. Maybe the small step is asking someone for advice or drafting out an idea on paper. Feelings of doubt provide an opportunity for us to rely on God, to take time to think before we act, and to learn something. Feelings of doubt are normal; we all have had them and will continue to have them. There is no shame in having doubt; there is no one on earth who has experienced life without it.

The question is, how do we work through doubt when it seems so overwhelming? Just take the next small step.

About Kim

Newsletter subscribers will recognize Kim as a contributor to my Living with Attitude E-Letter. And fans of "It's All About Attitude" and/or "Breathe" probably know she

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has been a part of Kyle's life and ours for 13 1/2 years and has done amazing things for him and our family. Below is a little more information about Kim.

Kim Isaac has worked with people on the autism spectrum for over 13 years. Kim currently holds a professional certification in the Relationship Development Intervention Program(TM) (RDI(TM)) and has been an RDI(TM) Certified Program Consultant for 5 years. Currently, Kim consults with persons and families all over the United States developing balanced intervention programs. Her specialty is working with teens, young adults and adults who have Autism Spectrum Disorders. She has a BS in Psychology from the University of Maryland and at present, is pursuing a Master's degree in Mental Health Counseling. For additional information about Kim Isaac and autism consulting services, please contact her at: 602-481-8925 or rdiarizona@yahoo.com.