

Dream big, start small



Last week I wrote about [confidence](#) and the importance of ‘planning, preparing and practising’ to grow our confidence in different areas of our life and work.

Victoria Beckham, on receiving her OBE last week announced that ‘if you dream big and work hard you can achieve great things’.

Do you agree with her?

She’s certainly someone that says she lacked confidence growing up – and was even bullied as a teenager.

Many of us will look at her and others like her and say ‘I could never do that’ or ‘she just fell lucky’ or ‘having a superstar husband helps’!

Or we’ll ‘dream big’ but tell ourselves ‘that could never happen to me’.

So we stop dreaming and carry on pounding the treadmill, day in-day out, settling for same old-same old.

It’s dull – but it’s safe.

I can’t think of anyone I know who dreams big and yet ‘stays safe’. Do you?

But getting out of that comfort zone can feel terrifying. Overwhelming.

But as I said [last week](#) we don’t need to leap out of that comfort zone – unless we want to.

What one small thing would get that little toe outside?

It might be gathering some new information or having a conversation with someone.

What would get the whole foot outside the comfort zone?

It might be offering to chair a meeting, or get involved in some new research or a new project.

Start small. Plan, prepare, practise.

Because doing the small stuff enables the bigger stuff to happen!