

**3** When you notice yourself comparing where you are to where you want to be, focus on this one question: "What single, small decision can I make right now to move forward in my process of becoming?"

**2** Bring some people into your life who can hold you accountable each day for participating in your process of becoming.

**1** If you know the kind of person you want to be, pray about a few daily behaviors you can engage in that will help you move in that direction.

**4** Remember that "by small and simple things are great things brought to pass" (Alma 37:6).

**5** When you slip up, **don't give up.** Evaluate what led to the mistake and whether your process should be modified to help prevent it from happening in the future.

**6** Keep moving forward with faith in the Lord.

## A Process for Progress

In your journey to become, here are some tips that can help you continue to progress and avoid getting caught in the binary dilemma.