



TURNING SMALL

WINS



INTO BIG

VICTORIES



How to celebrate progress and use it
as fuel for bigger goals

By V'Niece Medina-Joseph

MEDINA LONDON

Dating Your Ideas Until You Find The One You Want to Marry

Progression not Perfection

Creativity is my superpower

Every Idea is a seed nurture it

I am worthy of my dreams

I create my own path

God will provide what is needed

MEDINA LONDON

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Why a creative reset matters

A creative reset matters because it is the key to breaking free from stagnation, fostering innovation, adapting to change, and achieving long-term success.

When routines become rigid and creativity feels blocked, a reset disrupts the cycle and opens space for fresh ideas and renewed energy. It encourages innovation by challenging assumptions and creating an environment where experimentation and bold thinking thrive.

In a world where change is constant, a creative reset equips individuals and businesses with the flexibility to adapt, turning uncertainty into opportunity rather than resistance. Most importantly, it lays the foundation for sustainable growth by aligning actions with values and future goals, ensuring that progress is not just immediate but enduring.

Embracing this process transforms challenges into stepping stones, unlocking resilience, clarity, and a deeper sense of purpose in both personal and professional journeys.



Chapter 1
Understanding Change

Understanding Change

Change is one of the most natural parts of life, yet it often feels like the hardest thing to embrace.

We grow up surrounded by routines that give us comfort, and when those routines are disrupted, it can feel like the ground beneath us is shifting.

This discomfort is not a sign that something is wrong—it's a sign that something new is beginning. Think about the seasons: winter doesn't resist spring, and spring doesn't cling to summer.

Each transition brings its own beauty and challenges, and so does every change in our lives. When we start to see change as a rhythm rather than a rupture, we open ourselves to growth instead of fear.

The emotional side of change is where most people struggle. It's not just about doing something different; it's about letting go of what feels safe.

Fear, doubt, and even grief often accompany change because we're leaving behind familiar patterns.

Understanding Change

For example, moving to a new city might feel exciting on the surface, but underneath, there's sadness about leaving friends and routines behind.

The key is to honor those emotions instead of ignoring them. Allow yourself to feel the sadness, then create practical ways to stay connected—weekly calls, virtual coffee dates, or planning visits.

This balance of acknowledging feelings while taking action makes the transition smoother and less overwhelming.

One reason change feels so intimidating is that we often see it as one giant leap instead of a series of small steps. When you look at the whole mountain, it feels impossible to climb.

But if you focus on one step at a time, the journey becomes manageable. For instance, if you want to start a fitness routine, don't commit to an hour at the gym every day right away.

Understanding Change

Begin with a 10-minute walk three times a week. These small wins build confidence and momentum, making the bigger goal feel achievable. Breaking change into bite-sized actions turns fear into progress and helps you celebrate milestones along the way.

Support is another powerful tool when navigating change. It's easy to feel isolated when you're stepping into something new, but you don't have to do it alone. Surround yourself with people who encourage and guide you—friends, mentors, or communities that share your goals.

If you're launching a creative business, join an online group of entrepreneurs or find a mentor who has walked the path before you. Sharing your progress and struggles with others not only reduces isolation but also gives you practical advice and emotional reassurance.

Change becomes less daunting when you know someone is cheering you on.

Understanding Change

Finally, the way you think about change determines how you experience it. A fixed mindset sees change as a threat, while a growth mindset views it as an opportunity. When you adopt a growth mindset, setbacks become lessons and challenges become stepping stones.

If you fail at your first attempt to learn a new skill, instead of saying “I’m not good at this,” try saying “I’m learning, and every mistake teaches me something.”

This shift in thinking keeps you motivated and resilient. Change isn’t about perfection—it’s about progress, and every step forward counts.

Understanding change means embracing its complexity—the discomfort, the emotions, the small steps, the support, and the mindset. It’s not a straight path, and it’s rarely easy, but it’s always worth it. Every change you make opens the door to renewal, to new opportunities, and to a version of yourself that is stronger, wiser, and more aligned with your true purpose.

Understanding Change

When you see change as a friend rather than a foe,
you stop fearing the unknown and start welcoming the
possibilities it brings.



Chapter 2
The First Milestone

“Why It’s Hard”

The First Milestone – Why It's Hard

The first milestone in any journey of change is the decision to act—and it is often the hardest. Before this moment, everything feels safe, even if it's not fulfilling. There's comfort in the familiar, even when the familiar is holding us back.

Taking that first step means leaving behind what we know, and that can feel like saying goodbye to a part of ourselves. It's natural to feel sadness here.

You might grieve the routines that gave you stability, the identity you've built around them, and the certainty that came with staying the same. Change asks us to loosen our grip on what feels secure, and that's never easy.

This milestone is hard because it's filled with questions that don't have immediate answers. What if I fail? What if I'm not ready? What if I lose more than I gain? These doubts echo loudly in the silence before action. They make us hesitate, convincing us that staying still is safer than moving forward.

The First Milestone – Why It's Hard

But here's the truth: staying still might feel safe, but it rarely leads to growth. The discomfort you feel is not a warning to stop—it's a sign that you're standing at the edge of something new and meaningful.

Fear is a constant companion at this stage, and that's okay. Fear means you care about what's ahead. It means the change matters to you.

Instead of fighting fear, try to walk with it. Let it remind you that this step is significant, but don't let it decide for you.

Courage isn't the absence of fear—it's choosing to move forward even when fear whispers that you can't.

If you're struggling to take that first step, start small. You don't have to leap into the unknown all at once. Begin with something manageable—a conversation, a plan, a single action that signals your commitment to change. For example, if you're considering a career shift, you don't need to quit your job tomorrow. Start by researching roles that excite you or reaching out to someone in that field. These small moves build momentum and make the big leap feel less overwhelming.

The First Milestone – Why It’s Hard

Another reason this milestone feels heavy is because it often comes with loneliness. Not everyone will understand why you want to change, and that can make you question yourself. But remember, this journey is yours. Surround yourself with people who support your vision, even if it’s just one person who believes in you. Their encouragement can be the light you need when everything feels dark.

It’s also important to acknowledge that sadness and hope can coexist. You can feel the weight of what you’re leaving behind and still believe in what’s ahead. Give yourself permission to feel both.

Write down what you’re afraid of losing, then write down what you hope to gain. Seeing both lists side by side reminds you that change isn’t just about loss—it’s about possibility.

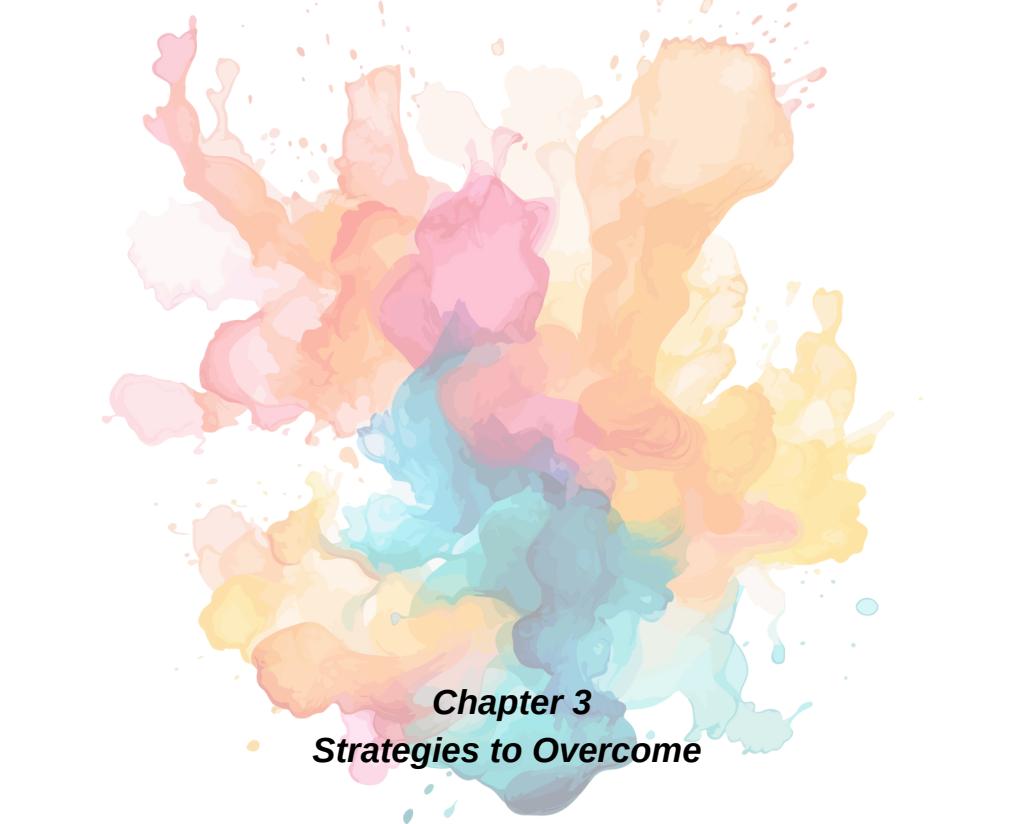
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The first milestone is hard because it asks for trust—trust in yourself, trust in the process, and trust that the unknown can hold something better than the familiar. That trust doesn't come overnight, but it grows with every step you take. And here's the beautiful part: once you cross this milestone, you'll look back and realize that the hardest part wasn't the change itself—it was believing you could do it.

So if you're standing at the edge of change, feeling sad and scared, know this: you are not alone, and you are capable. This moment is heavy because it matters. And when you take that first step, even if it's small, you'll prove to yourself that you can overcome this. Change begins with courage, and courage begins with one decision—yours.



Chapter 3

Strategies to Overcome

Strategies to Overcome

You've made it this far, and that means you're ready—not just to face change, but to conquer it. The first milestone was hard, but now it's time to shift from hesitation to action. This chapter is about building momentum, creating wins, and proving to yourself that you can overcome every obstacle standing in your way. Big or small, every result matters because each one is a victory that moves you closer to the life you want.

The first strategy is start small, but start now. Waiting for the perfect moment is a trap—there is no perfect moment. Progress begins with one step, and that step can be tiny. If your goal is to launch a creative business, don't wait until you have the perfect website or the perfect plan. Begin by writing down your idea, sketching your first product, or sharing your vision with someone you trust. These small actions create momentum, and momentum is what turns dreams into reality.

Next, set clear, achievable goals. Vague intentions lead to vague results. Define what success looks like for you—whether it's sending out your first proposal, completing a course, or saving a specific amount of money.

Strategies to Overcome

Break your big goal into smaller milestones and celebrate each one. Every win, no matter how small, is proof that you're moving forward. Success isn't about giant leaps; it's about consistent steps that add up over time.

Another powerful strategy is visualize your victory. See yourself achieving what you want—picture the moment you hit that milestone, the feeling of pride, the doors that open because you didn't give up.

Visualization isn't just daydreaming; it's training your mind to believe in what's possible. When you believe it, you act like it, and when you act like it, you achieve it.

Build your support system because champions don't win alone. Surround yourself with people who lift you up, who remind you why you started, and who celebrate your progress. Share your goals with someone who will hold you accountable and cheer you on. If you can't find that person right away, join online communities or local groups that share your interests. Support turns challenges into shared victories.

Strategies to Overcome

Finally, embrace progress over perfection. You will make mistakes. You will have setbacks. But none of that means you've failed—it means you're learning. Every challenge is a lesson, and every lesson makes you stronger. When you stumble, don't stop. Adjust, adapt, and keep moving. Winners aren't the ones who never fall; they're the ones who rise every single time.

This is your moment. You've faced the fear, you've acknowledged the struggle, and now you're ready to act. Change isn't just possible—it's inevitable when you commit to these strategies. Every step you take is proof that you can overcome, achieve, and win. Big or small, your results will come, and when they do, you'll look back and realize that the hardest part wasn't the journey—it was believing you could do it. And now, you do.



Practical tips

- *Actionable steps for progress*

Actionable steps for progress

You've faced the fear, you've acknowledged the struggle, and now it's time to move. This chapter is about action—the kind that turns ideas into reality and dreams into results. At this point, you're not just thinking about change; you're ready to make it happen. Every step you take from here is proof that you can overcome, achieve, and win.

The first actionable step is commit to one clear goal today. Don't wait for the perfect moment because it doesn't exist. Progress begins now. Write down the one thing you want to accomplish this week—something small but meaningful.

Maybe it's sending that email, making that call, or starting that project you've been putting off. When you commit to one goal, you create focus, and focus creates results.

Next, break your big vision into small wins. Big goals can feel intimidating, but small wins build confidence and momentum. If your dream is to start a business, begin by researching your market or creating a simple logo. If you want to improve your health, start with a 10-minute walk today. These small actions matter because they prove to you that progress is possible. Every win, no matter how small, is a victory worth celebrating.

Actionable steps for progress

Another powerful step is track your progress daily. Success isn't just about doing—it's about seeing how far you've come. Keep a journal or use an app to record your actions. When you look back and see the steps you've taken, you'll realize you're moving forward faster than you think. Tracking progress turns effort into evidence, and evidence builds confidence.

Celebrate every milestone, even the tiny ones. When you hit a goal, acknowledge it. Treat yourself to something simple—a coffee, a walk in the park, a moment of gratitude. Celebration reinforces the belief that you're capable and keeps your energy high for the next step. Winners celebrate progress because they know every step counts.

Finally, stay consistent and resilient. There will be days when motivation fades, but consistency beats motivation every time. Create a routine that supports your goals and stick to it. And when setbacks happen—and they will—don't stop. Adjust, learn, and keep moving. Progress isn't about perfection; it's about persistence. Every time you rise after a stumble, you prove that you're unstoppable.

Actionable steps for progress

This is your moment. You've done the hard part by deciding to change. Now, action is your superpower. Every step you take is a declaration that you're ready to win—in your career, your creativity, your life. Big or small, results will come because you're not just dreaming anymore—you're doing. And when you look back, you'll see that the person who started this journey is not the same person who finishes it. You'll be stronger, braver, and proud of every single step you took to make progress real.



Closing Thoughts

- *Encouragement and next steps*

Encouragement and next steps

You've reached the end of this journey, and that in itself is a milestone worth celebrating. Change is never easy, and the fact that you've taken the time to understand it, face the first hurdle, and explore strategies for progress means you've already begun transforming your life. It's okay if the road ahead still feels uncertain—uncertainty is part of growth. What matters is that you now have the tools, the mindset, and the courage to keep moving forward.

Remember, progress doesn't have to be loud or dramatic. Sometimes it's quiet, like choosing to believe in yourself when doubt creeps in, or taking one small step when everything feels heavy. These moments count.

They build the foundation for bigger wins, and they remind you that change is possible, even when it feels slow. Be gentle with yourself as you move forward. There will be days when motivation fades, and that's okay. Rest when you need to, but don't give up. Every effort you make brings you closer to the life you want.

Encouragement and next steps

Your next steps don't have to be perfect—they just have to be yours. Start with one action today, no matter how small. Write down your goal, reach out to someone who inspires you, or simply take a moment to visualize the future you're creating. These steps matter because they keep you moving, and movement is what turns dreams into reality.

Above all, trust yourself. You've already proven that you're capable by getting this far. The journey ahead will have challenges, but it will also have victories—big and small—that remind you why you started. Hold on to those wins, celebrate them, and let them fuel your next move. Change isn't about becoming someone else; it's about becoming more of who you truly are. And that is a journey worth taking.

So go forward with confidence, knowing that you have everything you need to overcome, achieve, and thrive. This isn't the end—it's the beginning of something extraordinary. You've got this.

A Tribute to New Beginnings

This book is more than words on a page—it is a quiet promise, a gentle hand reaching out to guide you through the uncertainty of change. Medina London was born from the belief that creativity is not just an art, but a lifeline—a way to rediscover yourself when the world feels heavy and unfamiliar. Every chapter here carries the heartbeat of resilience, the whisper that says, you can begin again, and you can win.

Change is not the end of who you are; it is the unfolding of who you are becoming. In these pages, we have walked through fear, embraced courage, and celebrated progress. And now, as you close this book, know that the journey does not end here. It continues in every choice you make, every step you take toward the life you deserve.

Medina London stands as a reminder that creativity and strength live within you, waiting to rise when you need them most.

So let this elegy be a farewell to doubt and a welcome to possibility. May you carry these words like a lantern through the dark, lighting the way to new beginnings. And when you look back, may you see not just the struggle, but the triumph—the proof that you were always capable, always worthy, and always ready to create the life you dream of.



*I thank my Family,
Friends The Father
The Son &
The Holy Spirit*

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