



START WITH TEN UGLY MINUTES

Use this sheet to take action today.

- 1** Identify one project you've been avoiding.
- 2** Set a timer for ten minutes.
- 3** Open the project and start working, no matter how messy it feels.
- 4** Focus on just getting something down, not perfection.
- 5** After ten minutes, assess what you've created.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

Ten ugly minutes beats a perfect tomorrow.