



START WITHOUT CERTAINTY

This sheet helps you take action before confidence arrives.

- 1** Identify one task you've been delaying.
- 2** Write down what you fear might happen if you act.
- 3** List what you can do to prepare or mitigate those fears.
- 4** Set a small, specific action you can take today.
- 5** Reflect on what you learned from taking that action.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

The first attempt is not a verdict on your ability.