

Lesson #1

Begin the change before you feel ready

As we begin, identify your intention:

What matters most at this moment in your life?

Do you need a change that can move you closer to the life you want?

What do you want from your life? What is missing?

You don't need perfect answers. An honest whisper is enough.

Here's what we'll do together now.

We're going to name one true thing for today.

Take a tiny action you can actually do, and learn a gentle way to come back if you drift.

No pressure and no speeches.

Most people try to change by pushing and they fail.

Common traps show up for almost everyone.

Like Overwhelm –too many priorities and no single target.

Perfectionism—“If I can't do it properly, I won't start.”

Emotions - “I'm waiting to feel ready!..”.

Now listen carefully:

The move we're about to make will dissolve all three:

This is going to be a part of your new Superhuman Mindset forming process.

First,

pick one thing,

second.

begin tiny,

Three:

return kindly.

Let's name one true thing. Finish this sentence in your own words: “Today will be a win if I do this...”

Keep it small enough .

Maybe it's "walk to the end of the block after lunch," or "send one e-mail I've been avoiding." ...

Choose the one that fits the season you're in—not the fantasy version of your day. That single line is direction.

You don't need a perfect plan when you have an honest aim.

Now, let's learn a new Superhuman Mindset technique called "A First-Touch Anchor" or a "breadcrumb"

This is the single, physical cue you stage now tomorrow's start happens on starting.

Picture the first touch that begins this

—opening the file on your screen (work motivation)

placing your shoes by the door (fitness motivation)

laying your notebook on the table with a pen (planning motivation).

We're not committing to an hour; we're committing to the first touch.

The task no longer feels like a mountain.

If your mind protests, that's okay. We're not trying to be impressive. We're keeping a promise that is possible to keep.

When you've done your tiny start, pause for a moment. Say quietly: "I said I would, and I did!"

That sentence matters. It teaches your brain to register completion that will give you joy.

Superhuman Brains that notice completion want to complete again!

If life pulled you away, here's how to return without turning it into a drama.

First, acknowledge it: "I paused." No self-courtrooms.

Second, shrink the next step until you can say yes without lying

Third, begin now. Even set a timer.

Not Monday. Not when guilt fades.

Now—small and respectful.

You didn't restart; you continued! That's how momentum survives real life.

A quick word on why this works.

The mind negotiates endlessly with vague goals, but it rarely argues with specifics that have already begun.

A staged first touch removes friction.

Before we finish, leave a breadcrumb for tomorrow-you.

Write one short line where you'll see it: "Start here → [name the exact first touch]."

Place one object to make that start easy—a book propped open, the file pinned to the top of your desktop, your shoes waiting by the door...

Your future self isn't lazy—your future self is busy.

You can be a Superhuman that can achieve anything!

What you'll likely notice after using this once: the day feels lighter . You argue less with yourself about continuing.

And when you drift, you remember there's a way back that takes about a minute. Not a lecture. Not a punishment. A return. Progress!

If you want to take this further, the full superhuman mindset training, complete the full course.

We connect that Superhuman mindset engine to a simple ladder that will turn you into a winner.

Say this with me, because it's true: I am allowed to start small. I am allowed to begin again. I am someone who shows up. I will do something for my success and happiness!

As you close, decide with clarity:

What next do you need to develop to advance this change—and when will you begin?

Continue with the next lesson...

You did enough for today!

When you're ready, or if you need a simple page to guide this practice ,keep going with the course: www.superhumanmindset.com/course.

Now lets summarise this lesson: How to Begin the change before you feel ready

Below are the key points of this lesson:

You defined one honest, attainable aim: "Today will be a win if I do this..."

You reduced friction by staging a first touch !

You executed a tiny, truthful start (≈2 minutes) to create immediate momentum.

You marked completion with the sentence: "I said I would, and I did!"

You practiced a kind return if you drifted: you acknowledged ("I paused"), i can shrink the step, I will resume now!

You designed for reliability over heroics—
small and repeatable instead of large and fragile.

You left a breadcrumb for tomorrow (one visible cue + one line: "Start here → ...").

Now lets make a plan , one of the first steps of the Superhuman Mindset

Write today's aim and tiny start in your planner or Daily Command sheet.

Choose the time. Protect a consistent start time tomorrow;

follow your plan without debate.

let consistency—not intensity—build identity.

Stop Over-planning instead of starting!

You begin the moment you see your "anchor" or "breadcrumb"

Internal debate will shift, everything will look easier

If you're ready to make this rhythm automatic, proceed to the next lesson at
www.SuperhumanMindset.com/course

We will install the three-part engine behind today's practice so your
Superhuman mindset progress becomes consistent and permanent.

Thank you!

www.SuperhumanMindset.com