

MOVE FIRST



READY
WILL
FOLLOW

Move first. Ready will follow.

my failproof framework to prep your project for success

Use these methods to get started — especially if you don't feel ready.

1. Feel what it would be like to have it.

Before you ask yourself to risk discomfort or failure, you need a future that is actually worth it.

Close your eyes.

Imagine you've already achieved what you want.

What do you feel?

Freedom? Confidence? Relief? Pride? Love? Expansion? Fulfillment?

What has changed in your life?

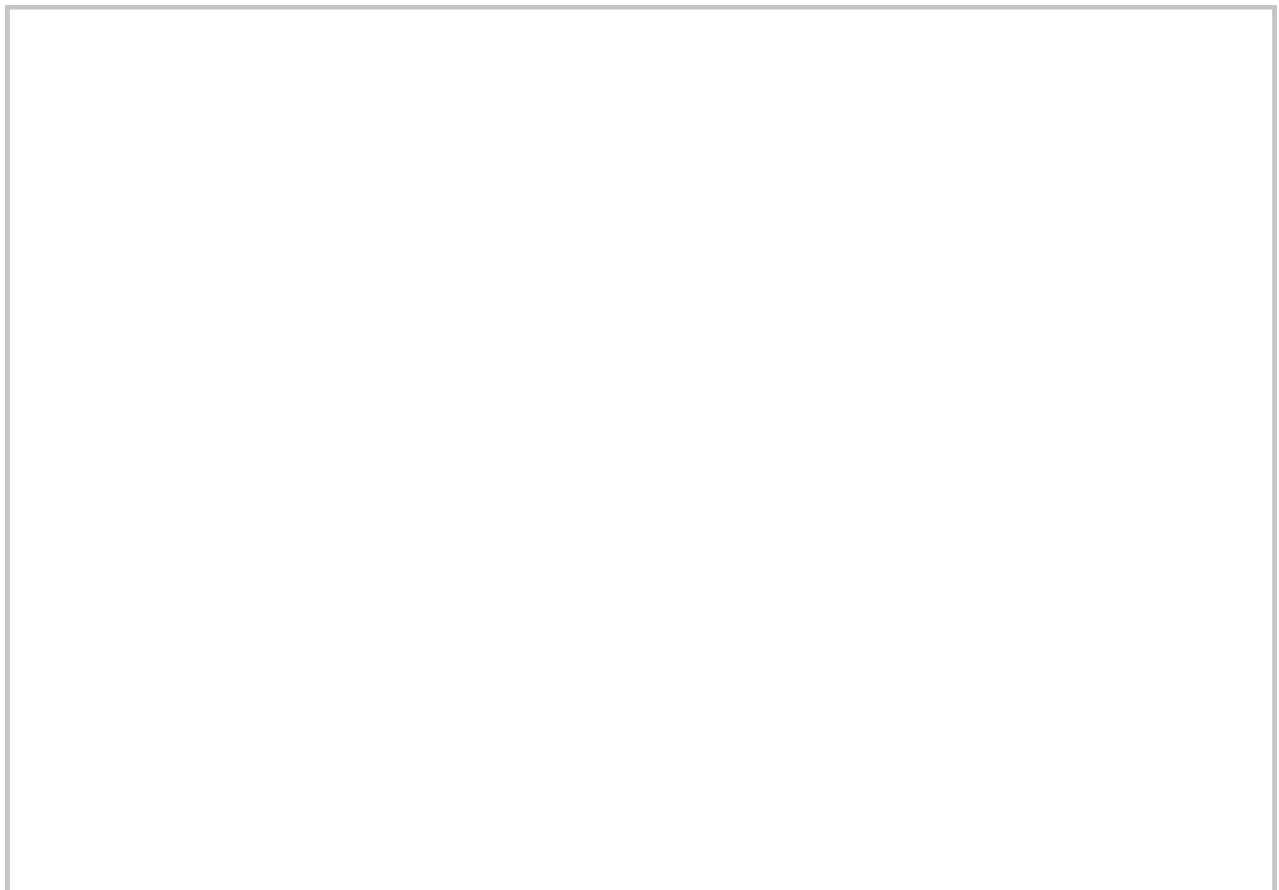
How do you show up differently?

Write it down in present tense.

"I am..."

"I have..."

"I feel..."

A large, empty rectangular box with a thin gray border, intended for the user to write their responses to the prompts above.

2. Look at what you already have.

You are not starting from nothing.

Make a list of at least 20 resources available to you right now.

People who could support you.

Skills you've built.

Lessons you've learned.

Obstacles you've already overcome.

Tools. Access. Time. Experience.

Think about challenges you've faced in the past.

How did you overcome them? What did you gain in the process?

Collect proof that shows how incredibly capable you are.

1

11

2

12

3

13

4

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3. Use your resources to take the first step today.

Break your goal down until the first step is easy enough to be taken today.

What is one concrete action that requires only what you already have?

Make it specific.

Give it a time.

Keep it realistic.

For example:

"I will call three people before 8pm to ask for advice about X."

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Use these methods to get started — especially if you don't feel ready.

Step 1: What would it feel like to have it?

I am... I have... I feel...

Step 2: What's available to me right now?

List 20 resources: people, skills, lessons, tools, access, time, experience, privilege...

1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20

Step 3: How can I use these resources to get started today?

Take your first step. Make it specific. Give it a time. Keep it realistic.