

SEVEN DAYS OF FIRST MESSAGES

One person. One message. Once a day, for seven days.

Sending once is an event. Sending daily is evidence.

HOW THE SEVEN DAYS WORK

Each day, choose one real person who has shown some warm signal. Write one short, respectful opening. Send it. Fill in one row of the tracker. Then get on with your work. It should take under ten minutes.

THE TRACKER

WHAT COUNTS AS SUCCESS

Success is one appropriate message sent to one relevant person. It is measured before anyone replies, because it is the only part you control. Your worth is not decided by their response.

KEEPING IT CLEAN

One person at a time. Never a bulk send. Keep the warm signal real. No pitch in the opening message. If someone asks you to stop contacting them, stop immediately.

Day	Name	Warm signal	Resistance before, 1 to 10	Message sent	Resistance after, 1 to 10	Reply received	One thing I learned
Day 1	_____	_____	_____	☐	_____	Yes / No / Not yet	_____
Day 2	_____	_____	_____	☐	_____	Yes / No / Not yet	_____
Day 3	_____	_____	_____	☐	_____	Yes / No / Not yet	_____
Day 4	_____	_____	_____	☐	_____	Yes / No / Not yet	_____
Day 5	_____	_____	_____	☐	_____	Yes / No / Not yet	_____
Day 6	_____	_____	_____	☐	_____	Yes / No / Not yet	_____
Day 7	_____	_____	_____	☐	_____	Yes / No / Not yet	_____

Fill in "resistance before" while you are still hesitating. Fill in "resistance after" once the message has gone. Keep "one thing I learned" to a single line.

DAY SEVEN REVIEW

Answer briefly. Two lines each is plenty.

1. What is different between Day 1 and Day 7?

2. Looking at your numbers, what happened to your resistance after you took action?

3. What did you learn about the stories you were adding to the facts?

Seven days of this will not remove hesitation permanently. That is not the aim, and anyone promising it is selling something else.

What it does is change your relationship with the pause. The hesitation still arrives, you notice it, and you send the message anyway. That is quiet confidence, and it is built from completed actions rather than good intentions.

You do not need perfect confidence. You need one message, today, to one person who has already shown interest. Then tomorrow, one more.

Action creates clarity.

4. Which message felt most like you, and why?

5. What does following through for seven days tell you about how you work?

6. What are you going to keep doing from here?
