



START



HOW TO FINALLY START:

The Kickstarter Worksheet

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What is one thing you have wanted to start, but have been too afraid to do?

Imagine you broke through the fear and did that thing.

(Are you imagining it?)

What's the best thing that could come of it? (And how does it make you feel to entertain those thoughts?)

What's the worst thing that could happen if you started the thing you've been putting off?

Could you learn from it? What might you learn and how might it benefit you in the future?

If you would decide to not start the thing you've been wanting to start, what positive thing might you learn from that? (Note: regret is not a positive, beneficial lesson)

(If you left that line blank, it makes total sense. We learn by doing, not by not doing.)

Challenge #1: Remember to be nice to you – the present, future, and past you. Be nice to you!

Challenge #2: Now that you've decided to be nice to you, and you've realized the immense benefits of starting, there's one final thing to do before you start: give yourself permission to fail. To create garbage. To make mistakes. You're new at this, and you'll screw up whether you give yourself permission or not, so you may as well decide to accept yourself in the process. Remember – you'll learn and grow from it!

Okay, that's it!

Get started!