Act Before You Feel Ready

November 11, 2026
Break an avoided professional action into a small, achievable first step.

What this guide covers

- Name a specific action you have postponed.
- Choose a manageable portion and schedule it.
- Compare your expectations with what happened.

Who this is for

For independent professionals working through hesitation.

Putting the ideas to use

Pick a low-stakes action that can be completed in one session.

Book details

Format: Guide. Pages: 22. Words: 3581.

Download availability: After payment, download the complete ZIP package or the included PDF separately.