

I • Initiate

Minimum Viable Start

Initiate · Chapter Six. Start before you feel ready.

Ready is not a fact about the world. It is the feeling of not having started. Run The Shrink Test on your step, write the version you will actually do, stack it onto something you already do, and mark the days.

1 • Shrinking the Start

🎯 Core

Shrink Plan A until it takes under two minutes and needs zero prep. That is your Minimum Viable Start.

My Plan A action:

Shrink by half	Half again	Once more = my Minimum Viable Start

2 • Habit Stacking

Attach the new action to something you already do.

After I _____, I will _____

3 • Environment Audit

Your environment is more powerful than your willpower.

Friction to remove (what makes it harder now):

Cues to add (what would make it easier):

One environment change I can make today:

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4 • First 72 Hours + Tracker

When, where and what. Tick each day you show up.

Day 1: what, when, where, and after which existing habit:

Day 2, and my response if an obstacle arises:

Day 3:

Track your first fortnight. Tick each day you do your Minimum Viable Start:

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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