LESSON WORKSHEET / DISCIPLINE

Build Before You Feel Ready

The lesson

Readiness is often the result of action, not the requirement for it.

Builder's Move

Complete one task you have been postponing.

Reflection

What are you waiting for permission to begin?

My action and when I will do it: _____

What I did: _____

What I learned: _____

My next move: _____

Let's continue the build.

Source: existing approved Walk & Talk lesson copy. This worksheet does not establish that the lesson has been published as an Instagram reel. Video match pending.

Continue into your starting planner