FOCUS · GET STARTED · SOLO OR TEAM

Start Before Ready

Shrink the clock until there's no time left to be ready.

Date _____

1 · THE TASK I'VE BEEN NOT-STARTING

_____

First physical action: _____

2 · The rounds (tick as you finish — each shorter than the last)

5 min ROUND 1	☐ made a rough version	
2 min ROUND 2	☐ made a rough version	
60 sec ROUND 3	☐ made a rough version	

3 · THE REALISATION

"I was never missing readiness — I was avoiding _____."

4 · WHAT GOT MADE · NEXT TIME I STALL

Made: _____ Next: set a 2-min timer on _____

The clock only shrinks. Aim for the worst acceptable version. End by continuing — not redoing.

© Witmer