



START  
**NOW**

Z A I D   S O U F I



ZAI**D** TH**=****I**NKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

## **Reading instructions**

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

**Have fun!**

Start Now.

# You

You've been waiting too long to feel ready

# Are

Are you willing to take that first step?

# Not

Not tomorrow, TODAY!

# Going

Going somewhere needs action

# Anywhere

Anywhere you want, you'll get there if you start acting

# **By**

By now, you should know that waiting only makes it  
harder

# Waiting

Waiting for inspiration is an illusion

# You

You have to move closer everyday

# Will

Willpower isn't about magic results; it's about having the courage to start

# Never

Never quit just because you've failed in the past

# Feel

Feel the joy of small achievements and just start

# Ready.

Ready to regain back control over your mind?

# Start

Start with what you have

# Anyway

Anyway, never stop — grow a little every day

# Because

Because you are not alone in this, we've all been there

# Time

Time passes quickly, make sure to use it right

# Is

Isn't it beautiful — the joy you feel just by starting?

# Running

Running away from problems won't solve them

# Out!

Out of small steps, great journeys begin

**The End.**

## **Stay in touch with me**

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

**Till soon?**

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“The best time to plant a tree was 20 years ago. The second-best time is now.”

Chinese Proverb