



CHAPTER ONE



**Procrastination, perfection,
and a polish beer garden**



Chapter Summary

In this chapter, Sincero tackles the twin demons of procrastination and perfectionism, encouraging readers to take action despite their fears. She shares a personal story about landing a job that seemed beyond her capability, showing that often our hesitation stems more from fear than from a lack of qualifications. Sincero emphasizes the importance of starting now, rather than waiting for the perfect moment. She offers practical strategies to overcome procrastination and self-doubt, reminding us that progress is better than perfection. Ultimately, this chapter inspires us to embrace our innate abilities and pursue our dreams with vigor.



Kickstarting Your Journey Begins with a Step

To achieve greatness, action is essential. Often, we hesitate, thinking we're unqualified, but that's just fear holding us back. It's time to rise and take the leap towards your dreams.

Uncovering Hidden Confidence

Many of us underestimate our abilities and experience. When we chase what we want, we often realize we are more capable than we ever thought. Self-doubt is a cry for us to lean into our strengths.

Momentum Over Perfection

Striving for perfection can halt progress. Embrace the idea that done is better than perfect, allowing momentum to carry you forward. Every small step counts towards your greater goal.

"Remember that done is better than perfect."

Identify Your Procrastination Triggers

Recognizing when you stall is crucial. What distracts you or makes you stop can help you strategize your path forward and keep you accountable. Self-awareness is a powerful tool.



"Notice where you stop, and prepare for it."

Make High-Stakes Accountability



Find a tough accountability partner and make a bet with them to keep you on track. The fear of losing something valuable can motivate you to take action.

Embrace Your Patterns



Recognize your working patterns, and instead of fighting them, utilize them to your advantage. If you work better under pressure, allow yourself leisure until the deadline approaches.

The Power of Passion



Passion fuels motivation. When you genuinely care about something, the fear of failure diminishes. Let your enthusiasm push you through the tough moments.



The Cost of Excuses

Excuses can trap us in a cycle of inaction. Understanding this can spur you to take decisive action. Change requires commitment to overcome the obstacles we create.

Cultivate Self-Love

No matter your current situation, embracing self-love is essential. Meeting yourself where you are encourages growth and progress. Celebrate every small win on your journey.



Taking Action Today



Don't wait for the perfect circumstances; start today! Challenges may come, but each step forward brings you closer to your dreams. Remember, time is a precious resource.



Recap

- "In order to kick ass you must first lift up your foot."
- "What we call unqualified is often just fear of trying."
- "Make a bet with someone mean to hold yourself accountable."
- "Own your procrastination style and work with it."
- "Passion trumps fear; let it guide you."



Thank You

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