

From: I must not fail.

To: I'll do the next small step.

From: It's too much.

To: One part now, one part later.

From: I'm terrible at this.

To: I'm learning out loud.

From: I should be further on.

To: Progress beats perfect.

From: I can't cope.

To: Breathe, then choose one thing.

From: I never stick to plans.

To: I make tiny plans I can repeat.