

Day 1 Begin before you feel ready

Micro Journal Tuesday, September 8, 2026

Day: 1 of 30
Date: 2026-09-08
Subject: Begin before you feel ready
Prompt: What is one thing you have been waiting to feel before starting?
Today's micro-action: Pour a glass of water and drink it slowly. Notice the temperature.

WHY THIS PROMPTThe version of you six months from now is built by what you do today not what you plan, not what you intend. You do not need to feel ready. You need to begin.THE PRACTICEPour a glass of water and drink it slowly. Notice the temperature.CLOSING AFFIRMATIONI begin before I feel ready.