



SEEDING SERENDIPITY

# The Unstuck Page

Stuck usually means too many options and a fear of the wrong one, not too few. Get them out of your head, follow the pull, and shrink it to one small step you can start today.

## 1 Dump every option

All of them. The tangle in your head, out on the page.

○ .....  
 ○ .....  
 ○ .....  
 ○ .....  
 ○ .....  
 ○ .....

## 2 Circle the one with the most pull

The small lean you feel before you overthink it. Not the smartest one. The one with a little energy on it.

*Go back up and circle it. That lean is information too.*

## 3 Shrink it to a ten-minute step

Not launch the thing. Open the document. Not overhaul mornings. Set out your shoes.

### MY ONE SMALL STEP TODAY

.....  
 I will start it by ..... o'clock.

**A wrong step still beats standing still.**