

EPISODE 7

MESSY MOVES, MAGIC RESULTS

Progress over perfection. Movement over manicured.

THE CORE TRUTH

You don't need more plans.
You need more messy moves.

And clarity?

That's not what you wait for.
It's what shows up when you do.

KEY TAKEAWAYS

- Planning can be a sneaky way of staying stuck.
- Momentum matters more than mastery.
- Procrastination isn't laziness, it's your brain managing emotions.
- Cringe is part of growth. Confidence comes after the move.
- You're not trying to be perfect. You're trying to progress.

ACTION MOVES TO TRY

- Use the Messy Moves Tracker to log your awkward but brave daily steps.
- Share a #MessyFirstDraft moment with a colleague or online.
- Choose one scrappy move today: apply, speak up, hit send.
- Ask a trusted friend: "What's one thing you've seen me hesitate on that I should just go for?"
- Set a timer for 10 minutes and start anything that feels a bit risky but exciting.

**ONE MOVE
AT A TIME!**

CONVERSATION STARTER WITH YOUR BOSS

"I've realised I've been overplanning instead of testing. I'm focusing on momentum this month, would you be up for a quick chat on where you'd like to see more visible action from me?"

ADD THIS TO YOUR BOLD MOVES BANK

- Print and pin your favourite line from this episode (we suggest: "Progress isn't tidy. It's scrappy, brave, and surprisingly effective.")
- Celebrate one win that came from a moment of chaos.
- Keep a photo of one career mess that actually helped you grow.
- Re-listen to this episode any time you feel stuck in prep-mode.