

## 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.