YOUR PERSONAL ACTION BOOK

Finish What You Start

Break the start-then-abandon cycle for good.

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THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30

Craft. Cut the scope to a defined, written v1

Learning. Chosen one subject and held a daily rhythm for two weeks

DAY 60

Craft. Built the core of v1 and it runs end to end

Learning. Reached the halfway point and applied it at least once

DAY 90

Craft. Shipped v1 to first real users

Learning. Finished it and used it in something real

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

CRAFT

Ship the thing

Cut scope to a real first version and get it in front of people.

THE CHALLENGE

My project is stalled — I keep not shipping

WHY IT MATTERS

A shipped v1 teaches you more than a perfect plan ever will.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Cut the scope to a defined, written v1.
Month 2–3	Turn the routine into a result you can point to, working toward: Shipped v1 to first real users.

MILESTONES

- **DAY 30** Cut the scope to a defined, written v1
- **DAY 60** Built the core of v1 and it runs end to end
- **DAY 90** Shipped v1 to first real users

KEYSTONE HABITS

Daily ship session

After my morning coffee, I will spend 45 minutes moving the project forward.

End-of-day next step

Before I stop working, I will write down the single next action.

YOUR FIRST ACTIONS

- [ ] **Define the smallest v1**
  Strip the idea to the one thing it must do, and cut the rest.
- [ ] **Block daily build time**
  Protect a recurring 45-minute slot purely for shipping.

- [ ] **Set a public ship date**
  Tell someone when it launches so the deadline is real.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Daily ship session

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End-of-day next step

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IF-THEN PLAN

When I want to keep polishing**, then** I ask 'is this good enough to ship?' and if yes, I ship.

When the day job eats my time**, then** I protect one 45-minute block before work.

When the scope feels huge**, then** I cut one feature instead of adding one.

LEARNING

Actually finish what I start learning

Commit to one subject and a steady rhythm until you can use it.

THE CHALLENGE

I start learning things but never finish

WHY IT MATTERS

Depth in one thing beats a graveyard of half-started courses.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Chosen one subject and held a daily rhythm for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Finished it and used it in something real.

MILESTONES

- **DAY 30** Chosen one subject and held a daily rhythm for two weeks
- **DAY 60** Reached the halfway point and applied it at least once
- **DAY 90** Finished it and used it in something real

KEYSTONE HABITS

Daily learning block

After dinner, I will study my subject for 25 minutes.

Learn by doing

After each lesson, I will apply one thing immediately.

YOUR FIRST ACTIONS

- [ ] **Pick one subject only**
  Choose a single topic and park the rest until it's done.
- [ ] **Schedule a daily block**
  Protect a short, consistent slot for focused study.

- [ ] **Plan how you'll apply it**
  Decide on a small project where you'll use the new skill.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Daily learning block

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Learn by doing

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IF-THEN PLAN

When I only consume, never apply**, then** I build something tiny with each lesson.

When I'm just dabbling**, then** I follow one structured path start to finish.

When a new topic tempts me**, then** I add it to a someday list and finish the current one.