YOUR PERSONAL ACTION BOOK

Put Yourself Out There

Build social confidence without waiting to feel ready.

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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 **Relationships.** Started one small low-stakes interaction daily for two weeks

Mind. Kept a daily 10-minute calming practice for two weeks

DAY 60 **Relationships.** Went to one social thing I'd normally skip

Mind. Faced one avoided situation instead of dodging it

DAY 90 **Relationships.** Noticeably easier putting myself out there

Mind. Catching and defusing most spirals before they escalate

> 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?

RELATIONSHIPS

Get more comfortable around people

Build social confidence through small, repeated low-stakes exposure.

THE CHALLENGE

It's hard to put myself out there

WHY IT MATTERS

Confidence is built by showing up in small doses, not by waiting to feel ready.

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: Started one small low-stakes interaction daily for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Noticeably easier putting myself out there.

MILESTONES

DAY 30 Started one small low-stakes interaction daily for two weeks

DAY 60 Went to one social thing I'd normally skip

DAY 90 Noticeably easier putting myself out there

KEYSTONE HABITS

One small interaction

When I'm out during the day, I will start one short friendly exchange.

Drop the post-mortem

After a social situation, I will stop replaying it and move on.

YOUR FIRST ACTIONS

- [ ] **Rank social situations**
  List them from least to most intimidating to build a ladder.
- [ ] **Start at the bottom**
  Practice the easiest ones daily until they feel routine.

- [ ] **Say yes to one invite**
  Accept one thing you'd normally decline this week.

TRACK IT · FIRST TWO WEEKS

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

One small interaction

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Drop the post-mortem

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IF-THEN PLAN

When I assume people are judging me**, then** I get curious about them instead of watching myself.

When I start over-rehearsing**, then** I set a 2-minute limit and then let it go.

When I'm tempted to stay in**, then** I commit to going for just 30 minutes.

MIND

Turn the volume down on anxiety

Build daily practices that calm the body and stop thought spirals before they take over.

THE CHALLENGE

Anxious, with a mind that won't slow down

WHY IT MATTERS

A regulated nervous system makes anxious thoughts lose their grip.

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: Kept a daily 10-minute calming practice for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Catching and defusing most spirals before they escalate.

MILESTONES

- **DAY 30** Kept a daily 10-minute calming practice for two weeks
- **DAY 60** Faced one avoided situation instead of dodging it
- **DAY 90** Catching and defusing most spirals before they escalate

KEYSTONE HABITS

Daily calming practice

When I wake up, I will do 10 minutes of breathing or grounding.

Name the spiral

When my thoughts start racing, I will write the worry down and label it.

YOUR FIRST ACTIONS

- [ ] **Learn one grounding technique**
  Pick a single breathing or 5-senses method and practice it daily.
- [ ] **List your avoidances**
  Write down what you've been dodging, from smallest to scariest.

- [ ] **Face the smallest one**
  Take on the least-scary avoided thing this week to prove you can.

TRACK IT · FIRST TWO WEEKS

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

Daily calming practice

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Name the spiral

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IF-THEN PLAN

When my thoughts start spiraling**, then** I name the worry out loud and take five slow breaths.

When I want to avoid something**, then** I do the smallest version of it instead of nothing.

When anxiety shows up in my body**, then** I slow my exhale and drop my shoulders before reacting.