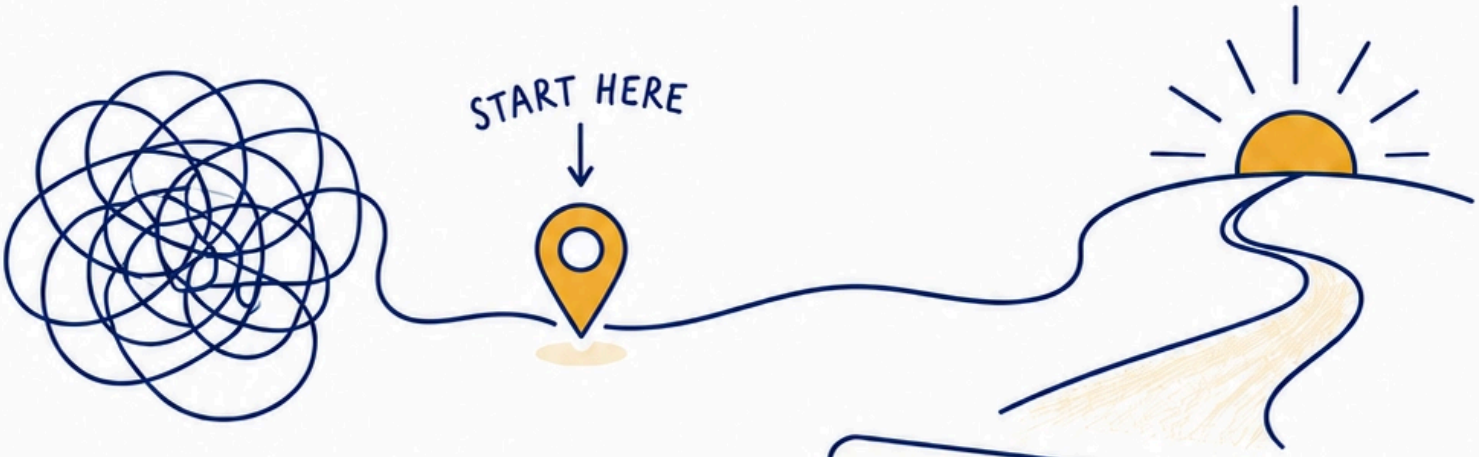
The Follow-Through Guide

For the moments when you know what matters, but getting it moving still feels hard.



Find the stuck point and choose **one small experiment** that fits your brain, your energy, and your real life.



Here's how to use this guide



You do not need to fix your whole system. You only need to find one stuck point, choose one small experiment, and notice what helps during one real week.

Done looks like:

- [ ] Pick one stuck point
- [ ] Choose one small experiment
- [ ] Try it in real life
- [ ] Notice what changed

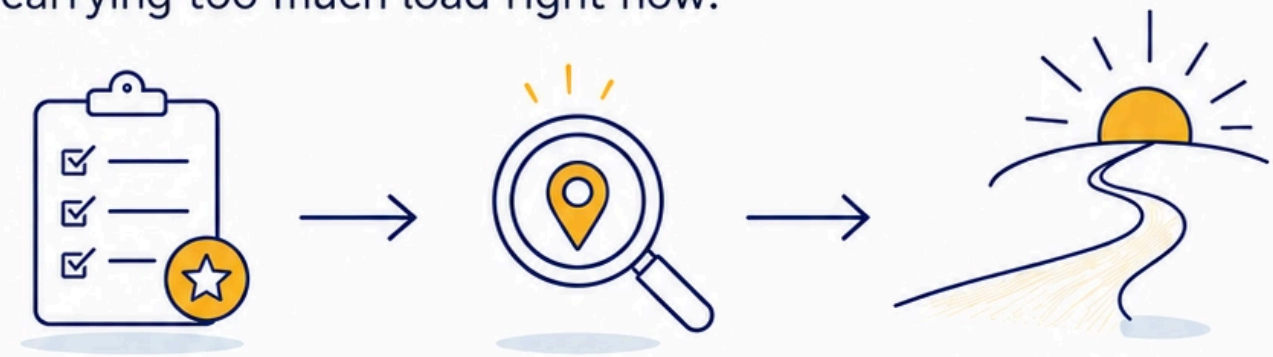
Done does not mean fixed.

It means clear enough to try.

Start with the section your Self-Check result points to first.

Your result is a clue, not a label

Your result is not a diagnosis, label, or verdict. It is a clue about where follow-through may be carrying too much load right now.



FOUR CALM CUES

Not a diagnosis
This isn't about what's wrong. It's about what needs support.

Not a label
It doesn't define you or your potential. You are more than any score.

Not a verdict
It's not final. It can change as your life and support change.

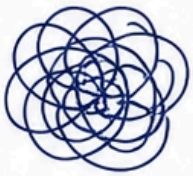
A place to look first
It helps you focus on one or two levers that can create real relief.

Use your result to lower the guessing, not to box yourself in.

Here's what "done" looks like

You are done when you have picked one stuck point, chosen one small experiment, and know what to notice during one real week.

1 **Pick one stuck point**



You named the thing that feels stuck or drains energy.

2 **Choose one small experiment**



You picked one small, doable step that fits your real life.

3 **Know what to notice**



You decided what you will look for during one real week.



Done does not mean fixed.
It means clear enough to try.

Circle the step you need before moving on.

The hidden problem is what it takes out of you

You may be getting things done, but the cost may be urgency, overthinking, catch-up, recovery time, or another hit to self-trust.



The question is *not* whether you can get things done. It is what it *costs* to keep doing it this way.

Possible costs may look like:



urgency



overthinking



catch-up



recovery time



self-trust hits



burnout risk



Ask yourself: Where is follow-through taking more out of me than it should?

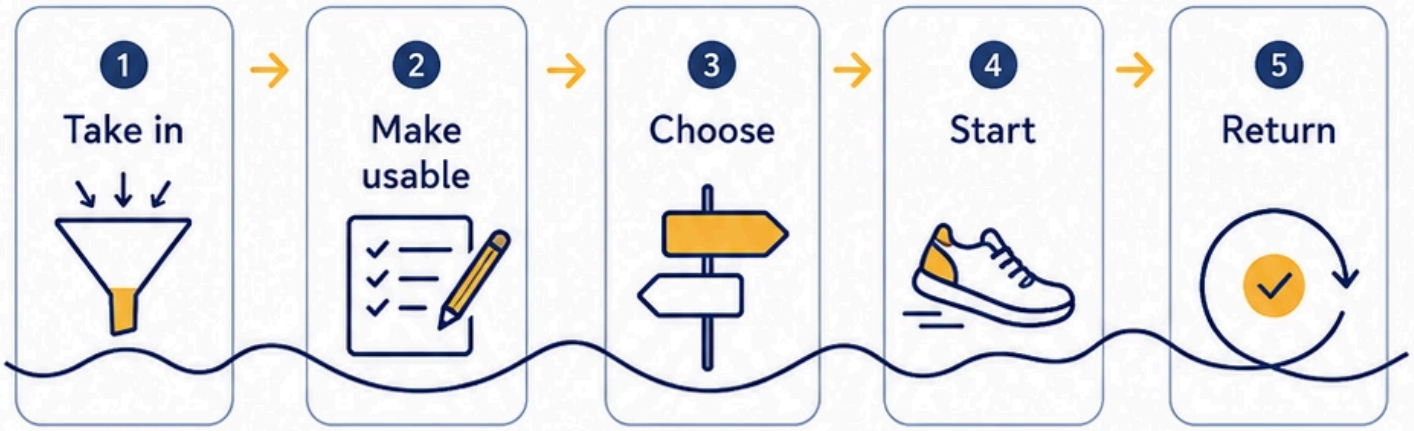
Follow-through breaks at handoff points

Follow-through gets harder when something has to move from your head into action: taking it in, making it usable, choosing, starting, or returning.





Follow-through gets heavier when one handoff is carrying too much load.





Look for the moment where the task stops moving.





Each handoff is a bridge.
Strengthen the bridge. Reduce the load. Keep it moving.

Your result shows where to look first

Your Self-Check result points to the handoff that may be carrying the most load right now.

That does not mean nothing else matters.
It means you have a place to look first.



THE HANDOFF SEQUENCE

Take in → Make usable → Choose → Start → Return

THREE STUCK POINT ZONES

1 Information Overload

Too much comes in, not enough gets made usable.

2 Decision Overload

Too many options or unclear choices create stall.

3 Starting Overload

It's hard to begin or easy to get sidetracked.

APPLICATION CUE: Mark the zone your result points to first.

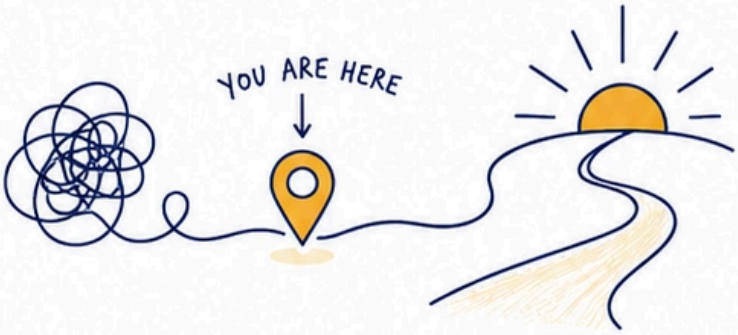
REFLECTION CUE: Where has this shown up recently?

Find your stuck point

You may recognize pieces of all three. That is normal.

This is not about proving you are only one type.
It is about noticing which stuck point is creating the most strain right now.

Think about one real responsibility, project, follow-up, admin task, or life-maintenance thing that has been slipping, stalling, or taking too much energy.



Where does it break down first?

- ☐ Too much stays in my head
- ☐ Too many decisions stay open
- ☐ Starting or restarting takes too much

The stuck point to check first is:

_____

What real task made me pick this?

_____



Information Overload

When too much stays loose,
follow-through gets heavy fast.

1. Too much stays loose
2. Your brain keeps holding it
3. The next move stays fuzzy



TAKEAWAY: Loose inputs. Mental holding. Harder to move.

Ask yourself:
What am I still trying to hold in my head?

One thing that keeps staying loose:

_____

Try one Information experiment

Choose one. Not all three. The goal is to lower the load enough to move.

1 Brain Dump Dock



Use when

Your brain is acting like the storage unit, inbox, and unpaid intern.

Try this

For one real week, drop every active reminder, idea, task, and "don't forget" into one place before sorting.

Notice

Does your brain stop rehearsing the same things as often?

2 Today Tray



Use when

The pile is too big, so your brain says, "Absolutely not."

Try this

Pull only what matters today into view. Park the rest somewhere out of sight.

Notice

Is it easier to start when you are not staring at the whole mountain?

3 Next-Move Tag



Use when

You have information, but it has not turned into action yet.

Try this

Add a next-move tag to one item: email, ask, draft, book, review, decide.

Notice

Is it easier to return when the next move is already named?

The experiment I'll try:

- ☐ Brain Dump Dock
- ☐ Today Tray
- ☐ Next-Move Tag

Decision Overload

When decisions stay open, movement keeps leaking out.

1 Too many options stay open



Multiple choices remain on the table. None is clear enough to close.

2 Your brain keeps weighing them



You replay the pros and cons. Every loop drains focus and energy.

3 The next move stays delayed



Without a decision, your progress keeps getting postponed.

Open decisions. Mental churn. Harder to move.

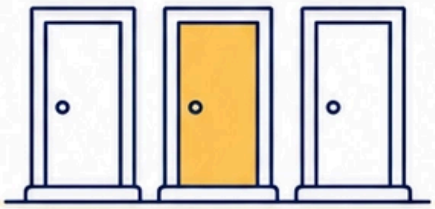
Ask yourself:
What decision keeps reopening?

One decision that keeps staying open:

Try one Decision experiment

Choose one. The goal is not the perfect answer. It is enough closure for the next step.

1 Three-Door Rule



Use when

Your options are multiplying.

Try this

Write down only three realistic options. Park the rest. Pick from those three.

Notice

Is it easier to choose when the decision has edges?

2 Next Right Decision



Use when

You are trying to decide the whole path before taking the next step.

Try this

Ask, “What is the next decision I actually need to make?” Choose that one only.

Notice

Does it get easier to move when you stop asking today-you to solve every future step?

3 Support-Needed Signal



Use when

You keep reopening the same decision, even after thinking it through.

Try this

Write the decision at the top of a page, then finish this sentence: “I may need support here because...”

Notice

Is the stuck point the choice itself, or what it will take to carry the choice into real life?

The experiment I’ll try:

- ☐ Three-Door Rule
- ☐ Next Right Decision
- ☐ Support-Needed Signal

Starting Overload

When the first move costs too much, knowing is not enough.

1 You know what matters

You've named the priority. You have clarity about what needs to happen.



→

2 Starting feels too costly

The first move feels too big, unclear, boring, overwhelming, or risky.



→

3 The task stays unopened

You delay. The task remains untouched. Nothing moves forward.







Takeaway

You know. It still feels hard to enter.
The stuck point is the doorway into the task.



Ask yourself: Where does the doorway into the task feel too big, too vague, or too loaded?

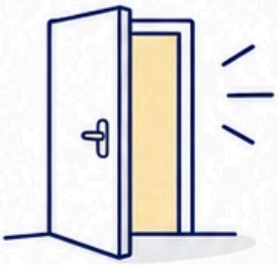


One task where the doorway feels too big: _____

Try one Starting experiment

Choose one. The goal is to make the first move smaller, softer, and easier to enter.

1 Door-Crack Start



Use when

The task feels too big to enter.

Try this

Open the file, tab, app, notebook, email, or workspace. Stop there if needed.

Notice

Does entering the task become easier when "start" does not mean "finish"?

2 Trash Draft Pass



Use when

Your brain will not start because the first version might be bad, rude, late, messy, or incomplete.

Try this

Make the first version intentionally rough: bad sentence, ugly bullet, messy outline, chaotic starter draft.

Notice

Is it easier to improve something once something exists?

3 Launch Pad Setup



Use when

Starting is blocked by friction, missing materials, wrong tabs, scattered notes, or setup drag.

Try this

Set up the next start before asking yourself to work: file open, notes ready, timer nearby, materials visible.

Notice

Is it easier to begin when the runway is already built?

The experiment I'll try:

- ☐ Door-Crack Start
- ☐ Trash Draft Pass
- ☐ Launch Pad Setup

Watch for the familiar pull.



When follow-through starts to break down, your brain may reach for something that feels useful in the moment.

That move may make sense.
It just may not support the handoff that is actually stuck.

The support has to match the stuck point.



Information Overload

Familiar pull:
Collecting, researching, saving, or holding it all in your head.

Better question:
What is the simplest container this can live in?



Decision Overload

Familiar pull:
Comparing, preparing, asking, or waiting until the answer feels certain.

Better question:
What is enough closure for the next step?



Starting Overload

Familiar pull:
Planning bigger, waiting to feel ready, or expecting the first version to come out clean.

Better question:
What is the smallest doorway into the task?



Re-entry

Familiar pull:
Avoiding the mess, trusting yourself to remember later, or deciding the whole thing already fell apart.

Better question:
What trail would help me return?

Better support starts
where the handoff actually breaks.

What familiar pull shows up when this gets hard?

The pull I keep reaching for might be: _____

Choose one tiny experiment. Just one.

Pick the one that feels easiest to use this week. Not the best one.
Not the most impressive one. The easiest one to actually test in real life.

The experiment is not fully chosen until it has a first move.

1 My stuck point:



- ☐ Information Overload
- ☐ Decision Overload
- ☐ Starting Overload

2 My experiment:



Information Overload
- ☐ Brain Dump Dock
- ☐ Today Tray
- ☐ Next-Move Tag

Decision Overload
- ☐ Three-Door Rule
- ☐ Next Right Decision
- ☐ Support-Needed Signal

Starting Overload
- ☐ Door-Crack Start
- ☐ Trash Draft Pass
- ☐ Launch Pad Setup

3 My first active move:



Use a verb small enough to do.

I will: _____

Tiny verb examples: open / write / move / ask / tag / set up / choose / park / name

4 When and where I'll use it:



- ☐ Today
- ☐ Next work block
- ☐ Tomorrow morning
- ☐ Next time this shows up

Time/place: _____

5 Reminder or cue:



- ☐ Calendar reminder
- ☐ Sticky note
- ☐ Leave it visible
- ☐ Ask someone to check in
- ☐ Pair it with something I already do

6 What I'll notice:



Did this make it easier to start, choose, remember, or return?

_____

_____



One small experiment is enough to create useful information.

Run it in real life for one week.

Not a perfect week. A real one.

Interruptions, low energy, missed days, restarts, and partial attempts all count as information.

	Tried it	Forgot	Interrupted	Adjusted	Noticed something
Monday	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐



A real week, not a perfect one.

What did this week teach me?

_____

_____

_____



Shrink it until it starts.

Shrinking the experiment is not cheating.
It is good design.
The first version should be small enough to survive contact with your actual life.

If it does not start, make the doorway smaller.

Too big:	Small enough to start:
"I need to get all of this organized first."	Put every active input in the Brain Dump Dock for one week.
"I need to know the right answer before I move."	Choose the Next Right Decision.
"I need to feel ready before I begin."	Do the Door-Crack Start.
"The first version needs to be good."	Do the Trash Draft Pass.
"I need a whole system so this never happens again."	Run one experiment for one real week.

Smaller is not less. Smaller is better design.

Shrink mine:

The version I picked still feels too big because: _____

_____

The smaller version I can actually use is: _____

_____

Notice what changed.

You are not grading yourself.
You are looking for clues.

A small experiment can show you what gets easier, what still gets in the way, and what kind of support helps you keep important work moving with less strain.



1 What did I use?

2 What got easier?

3 What still got in the way?

4 What did this show me about how I get important work moving?

5 Where else could this matter in my real life?

6 What support would make this easier to repeat?



Small data. Real clues.

Before you close this guide, check one thing.



There is a real irony here.

A guide about following through can still become one more thing you read, nod at, and do not actually use.

That is worth noticing.

Not as a problem to judge.
As a clue about where the support may need to be.

1 **How likely am I to use one experiment this week?**

- [ ] Very likely
- [ ] Maybe, if it stays visible
- [ ] I like the idea, but probably not
- [ ] I already feel myself moving on

Notes / what I notice:

2 **If I probably will not use it, what is the real reason?**

- [ ] It still feels too vague
- [ ] It feels like too much to set up
- [ ] I do not know where to use it
- [ ] I am tired
- [ ] I will forget
- [ ] I need another person to help me think it through
- [ ] Something else: _____

Notes / what I notice:

That answer is not a side note. It is part of the pattern.

If you can see the pattern but are not sure how to apply it, that is useful information to bring into a Clarity Call.

Bring this into a Clarity Call.

You do not need a finished experiment to book a Clarity Call.

You can bring the experiment you used, the one you did not start, the place you got stuck, or the important thing you want to apply this to next.



What is a Clarity Call?

A 30-minute conversation where we look at where things are getting stuck, what you have already tried, and what kind of support may fit your brain, responsibilities, and real life.

You can bring:

- [ ] A Self-Check result
- [ ] A stuck point
- [ ] A messy attempt
- [ ] A question
- [ ] The thing you keep avoiding

We can look at:

- where things are getting stuck
- what makes starting or returning hard
- what you have already tried
- what kind of support may actually fit
- the most sensible next step

The guide helps you notice one stuck point.

The Clarity Call helps you apply what you noticed to real life.



Book a Follow-Through Clarity Call →



No pressure to decide on the spot.

Just a focused conversation about what would help this work in real life.