

**FUNSHEET
START BEFORE
YOU'RE READY**



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



START BEFORE YOU ARE READY

In today's short episode, let's talk about:

- Why is there a **need to be fully ready**? What are you waiting for?
- 5 reasons why you should start before being ready?

With every episode we create a worksheet or as we call it '**Friday funsheet**' for you to commit to growth and take actions. Do not think about these questions in your mind. Pick a pen or pencil and physically write a response. You will be surprised to know how this additional step of using **handwriting creates wonders**. :)

- Are you currently **waiting to feel ready**? Yes or no

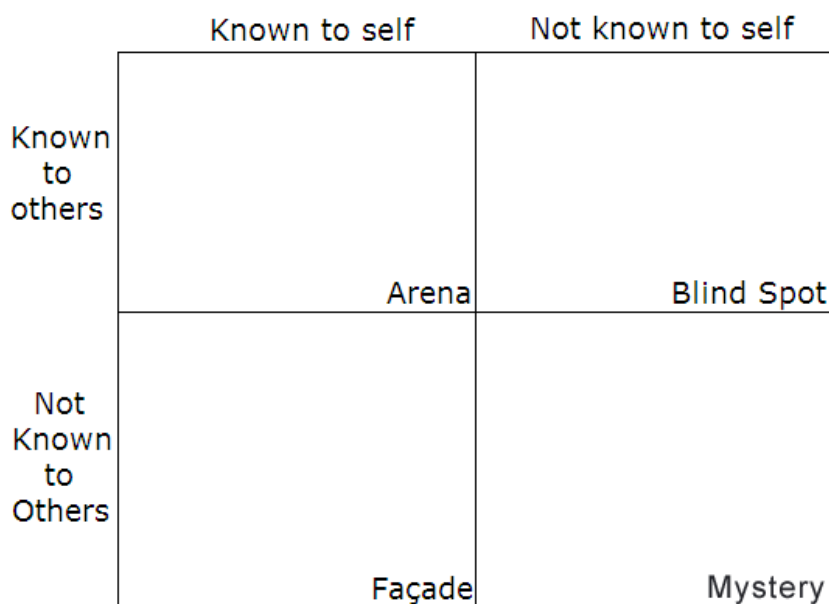
If yes, What do you think should **fall in place** for you to start work?

When are you fully ready? What does that even mean?

When you are appearing for an exam or following a specific pre-designed plan of action, you can possibly follow a checklist and be ready. But in the context of our uncertain lives, how do you choose to be ready?

Let me give 5 reasons you should start before you are ready:

1. 'Johari Window'.



One of these four parts is called *mystery* - an area that *you are unaware of and others are unaware of about you*. Things you discover about yourself only when you are *thrown into a situation*. Here you go! How will you ever be ready for things, you have no clue about ?

Describe a moment when you ever discovered something about yourself only when you were **accidentally thrown into a situation.**

2. JoyFear

'Joyfear' is that uncertain feeling in your stomach that can be **mistaken for an anxiety attack.**

Describe 2 moments of joyfear:

1.

2.

3. *The Lizard brain*

The oldest and the most survival centric part of our brain is called the **Lizard brain**. This primitive part looks at *anything unfamiliar as danger and prepares you with either fight or flight options*. Initially when you start before being ready, this part can **drive you crazy**. But as you continue to solve problems this part gets relaxed and prepares you for **better risk assessment in the future**.

Specifically describe how your body feels when you get into the fear mode:

4. *Momentum*

When you actually get started, and turn your emotion into energy, your energy into action, and your action into something meaningful, **momentum steps in and lends a hand**. As you relentlessly keep solving the puzzle, you start seeing new pieces.

This week, we completed **50 episodes of Absolutely Write**. I am very grateful to you for being part of this journey. As promised, episode 51 will be dedicated to you. Yes. to all our listeners. It is called **Ask me anything**. You can send your handwriting and your most pressing question on my website www.aditisurana.com/podcast. We will select 2-3 such questions and invite you as the guest on the show.

We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com

Happy writing!