

Done is Done Club

Done Is Better than Perfect - Action Leads To Outcomes

Welcome To The Waitlist – Remember this is for you to have the option to get into the Done Is Done Coaching Pod, there is no pressure, but you are one of the lucky ones who will get in first.

Here's a quick task for you to do:

Can you spend less than one minute doing this please?

What is one thing you have had enough of and want to change?

(The first answer is ALWAYS the right one)

Now – what would be **ONE** thing that you could do, (it has to take less than 5 mins per day, and be easy to remember) that would move you towards the outcome you want?

E.g.

- Add one stretch
- Take one micro-break
- Change one lifting habit
- Do one short walk