

3-Step *Kickstart* **Plan**



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Use this workbook to spot
Resistance,
build a pro mindset, and
create a routine you can
stick with. Write your
answers directly here or in
your own journal



Step 1 – Spot Resistance

Resistance often disguises itself as reasonable excuses. Use these prompts to catch it in the act.

1. Finish the sentence three times: 'Today I did not create because...'

- _____
- _____
- _____

2. What do you usually do instead of creating? (List 2-3 habits)

- _____
- _____
- _____

3. Circle or highlight your most common excuse. This is your Resistance voice.



Step 2- Create a Routine That Lasts

Design a routine that makes showing up simple and enjoyable:.

1. My Anchor Time (when I'll create):

2. My Minimum Daily Practice (tiny, doable step):

3. My Environment Supports (supplies visible, dedicated space, etc.):

4. My Ritual or Cue (candle, playlist, tea, etc.):



Step 3- Build a Pro Mindset

Shifting from amateur to pro is about mindset.
Reflect and commit.

1. One way I will 'turn pro' this week is:

2. My Pro Statement:
I am a pro because

