



E · EXECUTE

the unjustifiable step

An encounter with action that doesn't follow logically from your plan.

🕒 5 MINUTES

THE MESS

1. Name something you know you should do but can't fully rationalize.
2. Do one small version of it right now — not because it makes sense, but because something in you already knows.
3. Don't explain it to yourself afterward.

Notice: what it feels like to act from knowing rather than reasoning.

NO OUTCOME REQUIRED.