

MyRestartLife™

Progress Protocol

How to Stop Chasing Perfect and Start Producing What Matters



INTRODUCTION

The Cost of Waiting Until You're Ready

Most people believe success requires being fully prepared. This belief keeps more dreams dormant than any external obstacle ever could.

The Almost Ready Trap

Books needing one more revision.
Businesses requiring one more certification. Projects demanding one more skill before sharing.

Hidden Damage

Every day spent preparing is a day not learning what actually works. The opportunity cost is accumulated wisdom that only comes from doing.

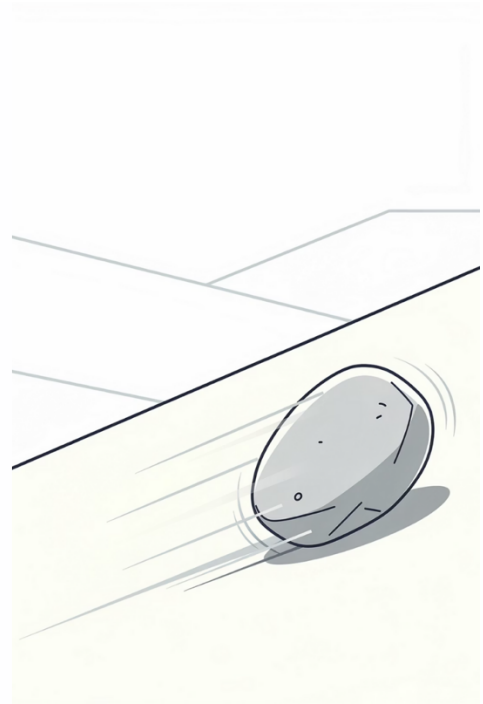
The Real Problem

People don't stall because they lack ability. They stall because overthinking masquerades as diligence.

The Core Principle

Action Creates Information

Consistent forward motion compounds faster than perfect planning.
Movement generates clarity that stillness cannot produce. Doing something imperfectly today builds more capability than doing nothing perfectly tomorrow.



SECTION 1

Perfectionism Is Not High Standards

High Standards

- Drive you to make something excellent
- Improve output
- Focus on the work
- Move you forward

Perfectionism

- Stop you from making anything at all
- Delay output
- Focus on self-protection
- Keep you stationary

Two Writers, Two Outcomes

Writer One: High Standards

Writes daily, completes drafts, seeks feedback, revises based on real responses.

Years later: multiple published books and loyal readership.

1

2

Writer Two: Perfectionist

Rewrites first chapter endlessly, researches extensively, delays sharing until flawless. Years later: still hasn't finished chapter one.

Are your standards pushing you forward or holding you back? High standards create excellence. Perfectionism creates paralysis.

SECTION 2

Why 'Good Enough' Is a Power Move

The phrase sounds like settling, but good enough is a strategic decision that unlocks compounding advantages perfectionism cannot access.



Progress Creates Feedback

Real-world responses teach lessons internal deliberation cannot.



Action Sharpens Ideas

Execution forces you to confront practical constraints and discover unexpected solutions.



Completion Builds Confidence

Each completion makes the next one easier. This confidence compounds.



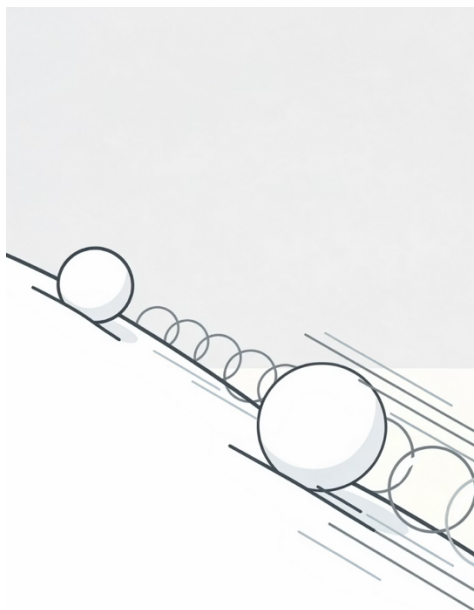
The Coach's Choice

Perfect First

Spend months perfecting every module, crafting flawless presentations, anticipating every question. Based on assumptions, not reality.

Launch and Learn

Launch with solid but imperfect first version. Clients reveal what's working, expose gaps, ask questions that reshape the entire approach. Six months later: exponentially better program.



SECTION 3

Progress Creates Momentum, Not Pressure

Small Wins Reduce Resistance

The first step is hardest. Every step after becomes easier. Momentum generates energy rather than demanding it.

Rhythm Replaces Willpower

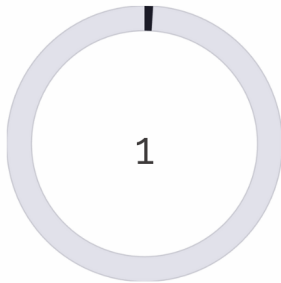
Work becomes less about mustering willpower and more about maintaining rhythm. You stop negotiating with yourself.

Speed Creates Feedback Loops

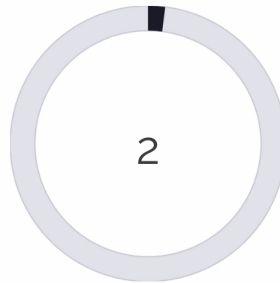
The person who finishes five drafts learns more than the person who perfects one. Speed creates opportunities perfectionism can never access.

The Writing Example

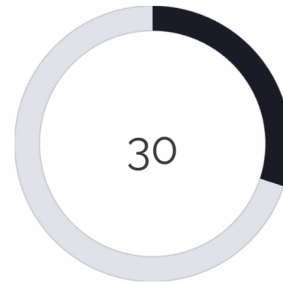
- ❏ The blank page is terrifying. But once you write one paragraph, the second flows more easily. Once you complete one article, starting the next feels less daunting. Once you publish consistently for a month, the rhythm becomes automatic.



First Paragraph
Hardest step



Second Paragraph
Flows easier



One Month
Rhythm automatic



SECTION 4

The Creativity Effect of Letting Go

Creativity thrives under movement, not control. When you're in motion, ideas flow naturally. When you're standing still, creativity stagnates.

Perfectionist Asks

"Is this good enough?"

Closes possibilities. Enforces rigid rules. Eliminates playfulness necessary for innovation.

Creator Asks

"What happens if I try this?"

Opens possibilities. Encourages experimentation. Protects freedom to explore.

Accidental Breakthroughs

Post-it Note	Penicillin	Business Models
Failed adhesive experiment	Contaminated lab equipment	Forced pivots revealed better opportunities

Creative breakthroughs didn't come from perfect execution—they came from imperfect action that created new information.

SECTION 5

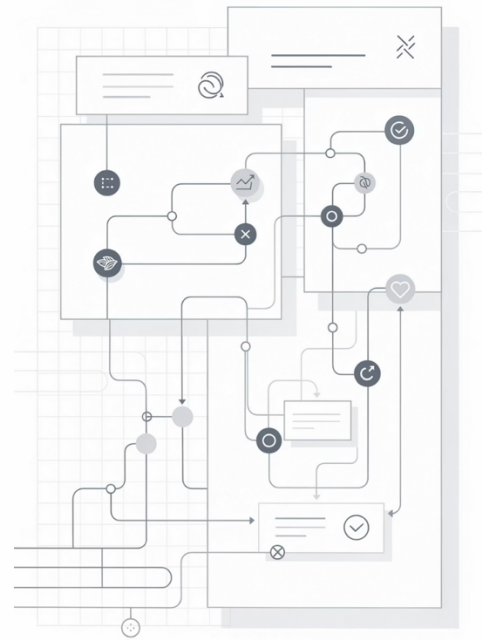
The Progress Protocol Framework

A framework with specific steps designed to override perfectionism and activate momentum.

01	02	03
Define the Smallest Version	Remove Unnecessary Rules	Act Before Confidence Shows Up
Identify the minimum viable output. Strip away everything that isn't essential.	Question every standard you're holding. Does this draft need 3,000 words, or will 1,500 work?	You will not feel ready. Start anyway. Confidence is a result of action, not a prerequisite.
04	05	
Improve Only After Something Exists	Repeat with Higher Standards	
Complete the first version, then assess. Finish first, improve second.	Apply slightly higher standards to the next iteration. Compounding improvement without paralysis.	

The Five-Step System

This creates compounding improvement without the paralysis of trying to be perfect from the start. Each cycle builds on the last, creating exponential growth through iteration.



SECTION 6

Applying the Progress Protocol to Daily Work



Writing & Creative Projects

Write first draft without editing. Finish the piece, even if rough, then revise. If creating a course, record all lessons first, then polish. Completion creates context that makes revision more effective.



Business Tasks & Workflows

Identify smallest next action. Complete one task fully before moving to next. Launch with one offer before building entire suite. Test simple version before automating everything.



Personal Goals & Habits

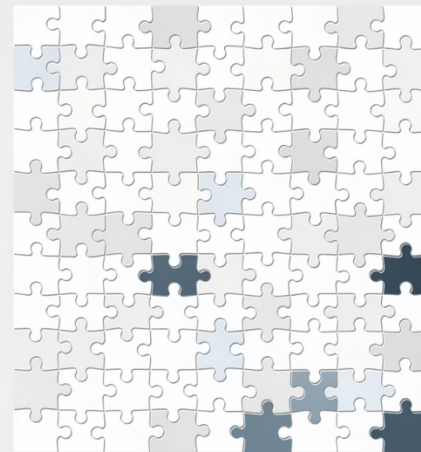
Start with embarrassingly small actions. Ten minutes at gym, not an hour. One paragraph, not 1,000 words. Consistency beats intensity. Small wins build momentum faster than grand ambitions.

The Universal Principle

Finish Something Small

Before expanding something incomplete. Build momentum through completion, not through starting multiple things simultaneously.

📌 One finished project teaches more than five projects stuck at 80%.



SECTION 7

Common Progress Killers to Watch For



Waiting for Motivation

Motivation is unreliable. Action creates motivation, not the other way around. Start without waiting for the feeling.



Overplanning Simple Tasks

Planning feels productive, but excessive planning is procrastination in disguise. If it can be done quickly, do it.



Comparing Unfairly

Your rough draft will never compare to someone else's finished product. Compare your progress to where you started.



Restarting Instead of Continuing

Resist the urge to scrap everything and begin again. Progress requires seeing things through, even when imperfect.

Recognition Is Prevention

Even with the best intentions, these patterns derail progress. Awareness of these traps is the first step to avoiding them. Watch for these behaviors in your own work and course-correct immediately.

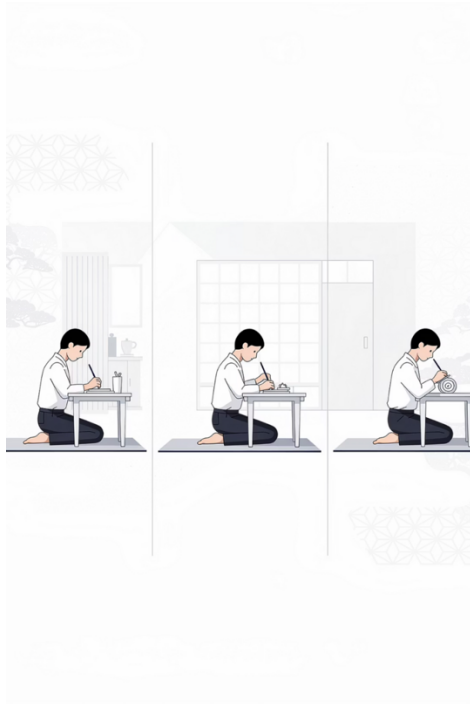


SECTION 8

Redefining What 'Your Best' Actually Means

The phrase "do your best" is often weaponized by perfectionism. But this definition ignores reality.





The New Definition

Your best isn't about flawless execution.

It's about honest effort, consistent presence, and forward motion. That's enough.

CONCLUSION

Progress Is the Real Standard

Forward motion is the only metric that matters. Not perfection. Not readiness. Not confidence. Just movement.

Builds Confidence

Each completed task proves you're capable. Each iteration demonstrates improvement.

Creates Evidence

Each step forward reinforces the belief that you can keep going.

Compounds Over Time

Confidence isn't something you wait for—it's something you build through action.



The Builders vs. The Waiters

Remarkable Builders

Start before they're ready. Ship before it's flawless. Iterate based on real feedback. Understand excellence is a direction, not a destination.

Perfect Planners

Wait for perfect conditions. Plan perfectly but never act. History remembers those who acted imperfectly, not those who planned perfectly.



The Choice



Perfectionism
Promises safety but delivers stagnation



Progress
Promises discomfort but delivers growth

The choice is yours, but the outcome is predictable: people who move forward build things. People who wait for perfect conditions don't.

Today Is Enough

Putting your best foot forward today is enough. Not tomorrow. Not when you're ready. Not when conditions are ideal. **Today.** With what you have. As you are.

- ☐ Your current best is sufficient to begin. And beginning is what matters.



The Progress Protocol Promise

1

Action

Not perfection. Just consistent forward motion.

∞

Compounding

Action repeated consistently creates everything that matters.

0

Waiting

Stop waiting. Stop refining. Stop preparing.

The work you do imperfectly today will teach you how to do it better tomorrow. That's not a compromise—that's how excellence is built.



Start Moving

The Progress Protocol doesn't ask for perfection. It asks for action. And action, repeated consistently over time, creates everything that matters.

Stop Waiting Start Moving

The work you do imperfectly today will teach you how to do it better tomorrow. That's not a compromise—that's how excellence is built.

MyRestartLife™



www.myrestartlife.com
hello@myrestartlife.com

Start Moving

The Progress Protocol doesn't ask for perfection. It asks for action. And action, repeated consistently over time, creates everything that matters.

Stop Waiting Start Moving

The work you do imperfectly today will teach you how to do it better tomorrow. That's not a compromise—that's how excellence is built.