

DONE BEATS PERFECT ON A PAGE

I wrote Done Beats Perfect for anyone who keeps waiting for the perfect moment to get started. I know the feeling. I was that guy with a million excuses for why things didn't get done.

These are the main ideas from the book on one sheet. The stories behind them, and the exercises, are in the book.

THE BIG ONE

TURN "ONE DAY" INTO DAY ONE

Look in your calendar. You'll find Monday to Sunday, but there's never been and never will be a "one day". So today is Day One.

D.O.N.E. THE FOUR PARTS OF THE BOOK

D

D = DECIDE

The word decide originally meant "to cut off". A real decision commits to an outcome and lets the other options go. Know what you're willing to give up.

Then watch your RULES, the five hidden rules behind most decisions. Resentments, Untruths, Legends, Excuses and Standards.

O

O = OPERATE

Forget fake it till you make it. Operate as if you're the person who gets the outcome, and accept you're a beginner at it.

To be the noun, do the verb. If you want to be a runner, you run. If you want to be a writer, you write.

N

N = NOTE

Is it working? Take a regular inventory of your numbers, observations, time and emotions.

Know your numbers. Use the same source every time, because consistency may matter more than accuracy. Be brutally honest, then move on.

E

E = EVOLVE

Your outcome stays fixed. The route will change.

If you got a flat tyre, would you fix the tyre or slash the other three? Setbacks happen. Adapt and keep going.

A FEW MORE IDEAS TO STICK ON THE FRIDGE

IMPERFECT ACTION BEATS INACTION

Done beats perfect doesn't mean any old junk will do. It means getting things finished instead of putting your life on hold waiting for perfect.

LINE UP YOUR DOMINOES

A domino can knock over another one about one and a half times its size. Today's small domino lines up this week's, and so on up to the big one.

RITUALS CREATE RESULTS

Most things that go in the diary get done. Make it specific, like "5 mile trail run", and link new habits to things you already do every day.

The book and the free workbook (every exercise in it) are at neilmartin.me/done-beats-perfect-book

E + R = O

Experience + Response = Outcome. You can't always control what happens. You can control how you respond. You're response-able.

I AM HERE

Before you pick a direction, find the arrow on the map. Be brutally honest about where you're starting from.

CELEBRATE YOUR VICTORIES

Small win, small reward. Bigger win, bigger reward. Lots of small wins keep you going far better than one target you never hit.