

THE FREE "NOT YET" RESET SCRIPT

You Don't Need to Be Ready.

You Need to Be Willing.

Stop stalling. Start moving. The exact script to break the NOT YET cycle — in 4 steps.

Jo Dourou Schrader

Eudemonia Coaching Ltd. · eudemonia-coaching.com

"Believe it. Pursue it."



Name the Loop You've Been In.

Before you can break the NOT YET cycle, you have to see it clearly. Here's what it looks like: You get an idea. You feel excited. Then the voice starts — *"I'm not ready. It's not the right time. What if I fail?"* And you file the idea away for later.

Three years later — it's still there. Still filed. Still waiting.

"Not yet" is not a timeline. It's a hiding place.

— Jo Dourou Schrader



Say This Out Loud. Right Now.

Seriously. Say it out loud, not just in your head. This is the moment the shift starts.

1

**"I have been waiting for
_____ to feel ready."**

Fill in the blank. Be specific. Name it completely.

2

**"The truth is: I will never feel
100% ready."**

Say it until you believe it. This truth sets you free.

3

**"I choose to start before I'm
ready."**

This is the only script that works. Say it like you mean it.



The 5-Minute Action

*Don't plan. Don't research. Don't clean your inbox first. Do **at least one** of these right now — before you close this.*



WRITE

Write down the ONE thing you've been putting off. Just the name of it. Nothing else.



TEXT

Text one person who needs to know you're doing this. Accountability starts now.



BLOCK

Block 30 minutes in your calendar for tomorrow. Title it: "The Thing I've Been Avoiding."



SEARCH

Look up one resource — course, coach, or book — for 3 minutes. Just look. Don't commit yet.



Repeat for 7 Days.

You don't need a 90-day programme yet. You need **7 days of proof** — 7 days of showing yourself you can move before you're ready.



"Readiness comes after you start. Not before."

— Jo Dourou Schrader



This is what your future self has been waiting for.

You've spent enough time waiting to feel ready. The people who change their lives don't start when they're ready. **They start when they decide.** That decision is available to you right now. Today.

"The version of you at 60 is watching. Make him/her proud."

EUDEMONIA COACHING · eudemonia-coaching.com



WHAT'S NEXT

If this helped, you're ready for what's next.

The **"From Stuck to Transforming"** programme is a 90-day 1:1 journey for people who are done waiting and ready to build the life they actually want.

This is where the real shift begins — with your clarity, your goals, and someone in your corner who believes in what you're capable of.

[Book your free initial consultation call →](#)

Jo Dourou Schrader

Eudemonia Coaching Ltd. · eudemonia-coaching.com

"Believe it. Pursue it."

