SHIFT · PHASE 2

Handle As Tool

"Not acting is also acting. Your state determines your result."

When to use this toolkit

When you already know what you need to do, but aren't doing it yet. When the gap between knowing and doing is costing you. This toolkit helps you confront your resistance, extract your first step, check your action state, and build momentum.

Session instructions

Print this PDF. Grab pen and paper. Door closed. Phone off. At least one hour. No distractions. No external input. Just you and the truth.

Worksheet 1: The Resistance Confrontation

1. What is the step I already know but refuse to take?

Colin's example: Calling. Calling the first of a hundred and sixty creditors.

2. How long have I known this?

Colin's example: Months. I knew it before the Series B fell through.

3. What do I tell myself to postpone it?

Colin's example: "It'll be fine." "There's still an option." "I need more information."

4. What is the real reason I'm not doing this?

Colin's example: Fear. Pure fear. Of the shame. Of the judgment.

LIE DETECTION **Which version of myself is trying to avoid this step?**

Worksheet 2: The First Step Extractor

5. What is the smallest possible first step?

Colin's example: Picking up the phone. Calling one number.

6. What makes this step threatening?

Colin's example: The moment I tell the truth. The moment they respond.

7. I will take this step today at: ____:____

Colin's example: 09:00 — not later, not tomorrow.

Worksheet 3: The Action State Check

From which state are you acting? Fear / Duty / Clarity / Strength

8. From which state am I acting now?

Colin's example: From clarity. Not from panic.

9. What changes if I move from a different state?

Colin's example: Everything. The words change. My body relaxes. My choice becomes real.

10. Who do I need to take this step?

Colin's example: Nobody. I only need myself.

Worksheet 4: The Momentum Builder

11. What is my commitment, now?

Colin's example: Tomorrow at 09:00 I call the first one.

12. What evidence do I get if I actually do this today?

Colin's example: The feeling that I truly can. The proof that I'm more than my fear.

13. How do I build repetition so I don't fall back?

Colin's example: Same time every day. Same place. Same question: have I done it yet?

LIE DETECTION **Which excuse do I use most often not to start, and do I still believe it myself?**