See it filled in.

An illustrative example, not a client story. Use it beside your blank worksheet, then write your own answers.

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1. Name it.

My maybe, word for word:
“Maybe I’ll start sharing my work when my website is finished.”

What I’m hiding behind:
A finished website. I already have a useful idea I could share today.

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2. Price the coop.

One more year costs me:
If I hold back one useful idea each month, that is 12 more ideas nobody gets to read. I cannot honestly put a dollar figure on missed work.

The worst realistic thing if I’m seen:
The post gets little response. Someone disagrees. I feel uncomfortable, and I can still leave the post up.

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3. Go first. Small.

One thing, with my name on it:
Publish one paragraph on LinkedIn about a mistake I know how to help someone avoid. Use the profile I already have.

The day: Thursday this week, before noon.

“A quiet response means not many people saw it. It doesn’t mean I was wrong to be seen.”

Then: Tell a friend what I committed to. Mark the first box after publishing. Keep going until all ten are checked before judging the response.

Your turn: use your actual sentence, an honest cost, and one action with a day attached.
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