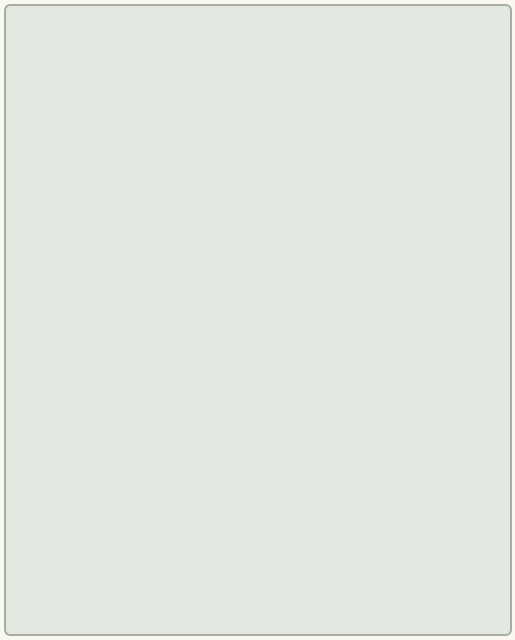
The Everyday Note

The Courage to Begin Before You're Ready

What if you don't need more confidence, just a smaller first step?



INAUGURAL EDITION

A little psychology, space to reflect and one practical invitation: begin with something small enough to do in the life you actually have.

From The Everyday Mind by Naomi.

A PLACE TO BEGIN

Welcome to the first edition

For ambitious founders, professionals and anyone caught between wanting change and overthinking it.

You can care deeply about what comes next and still find starting difficult. This free editorial newsletter makes room for both: the ambition and the ordinary day around it.

Understand the hesitation

The psychology of starting, and why a smaller first step can help.

Make room for yourself

A Fact / Story / Possibility exercise, a Soul Awakening moment and three journal prompts.

Take something into your week

A two-minute action, a podcast conversation and an invitation to 2027.

Why knowing what to do isn't the same as doing it

A clear intention can still be followed by another day of waiting.

1

The intention–behaviour gap

The space between what we mean to do and what we actually do. Overthinking can feel like preparation, especially when we are waiting for certainty that never quite arrives.

2

Belief is specific

Self-efficacy means believing you can act and follow through in a particular situation. You may feel capable in one part of life and hesitant in another.

3

Completion gives you evidence

Mastery experiences are small actions completed. They give that belief something concrete to rest on, rather than asking a pep talk to do all the work.

Try asking what you could complete, rather than how you could feel completely ready.

PUT IT INTO PRACTICE

Make the first step smaller

Confidence usually follows action rather than preceding it.

Shrink the step until it feels almost too easy. The aim is a manageable beginning, not a test of how much you can push yourself.

01 One sentence

Begin the piece you keep planning. Leave the rest unwritten for now.

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02 One message

Make the first contact without solving the whole conversation in advance.

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03 One ten-minute block

Give the task a small, bounded place in your day.

Each small completion is evidence you can use next time. Notice what you did before moving the goalposts.

A PRACTICAL EXERCISE

Exercise: Fact / Story / Possibility

Choose one thing you have been putting off. Separate what has happened from what your mind predicts, then look for a kinder, workable next move.

01 Fact

What is objectively true, with no interpretation?

'I haven't posted my idea.'

02 Story

What is your mind adding?

'People will think it's silly.'

03 Possibility

What else could you do that feels kind and workable?

'I can share it with one trusted person first.'

You do not have to prove the story wrong to choose a different next move.

SOUL AWAKENING

Soul Awakening: a quiet moment

A gentle pause grounded in values and self-connection. Nothing to achieve, and no special experience to make happen.

What part of you are you ready to listen to?

Sit for a minute. Let your breathing settle into its own rhythm. Notice what is asking for your attention.

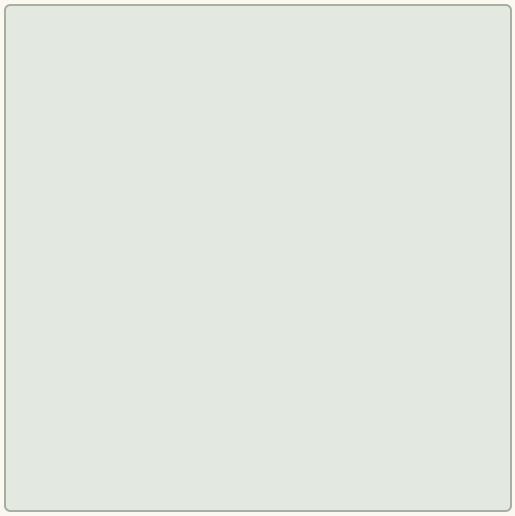
It might be a wish you have pushed aside, a limit you need to honour, or a value you want to live more closely. There is no required answer.

Before you move on, name one thing that matters to you today. Let that be enough for this moment.

A LITTLE SPACE ON THE PAGE

Three journal prompts and a two-minute action

1. What am I waiting to feel ready for, and what would ‘ready enough’ look like?
2. What is the smallest version of this step I could take this week?
3. Which of my values would be honoured by starting?



Two-minute action

Write the first sentence, send the one message, or name your one trusted person. Then stop and notice how it felt.

You can feel uncertain and still have completed something.

Choose one prompt if three feels like too much. A few honest words will do.

FROM THE EDITOR

A note from Naomi

I want this to be a place where ambition can sit comfortably beside real life.

There is room to want more: more meaning, more freedom, more space for the work that matters to you. There is also room to honour your energy, your relationships and the ordinary days that hold everything together.

I don't want starting to become another standard we fail to meet. Some weeks, progress will look like a brave conversation. Other weeks, it will be a single sentence and an early night.



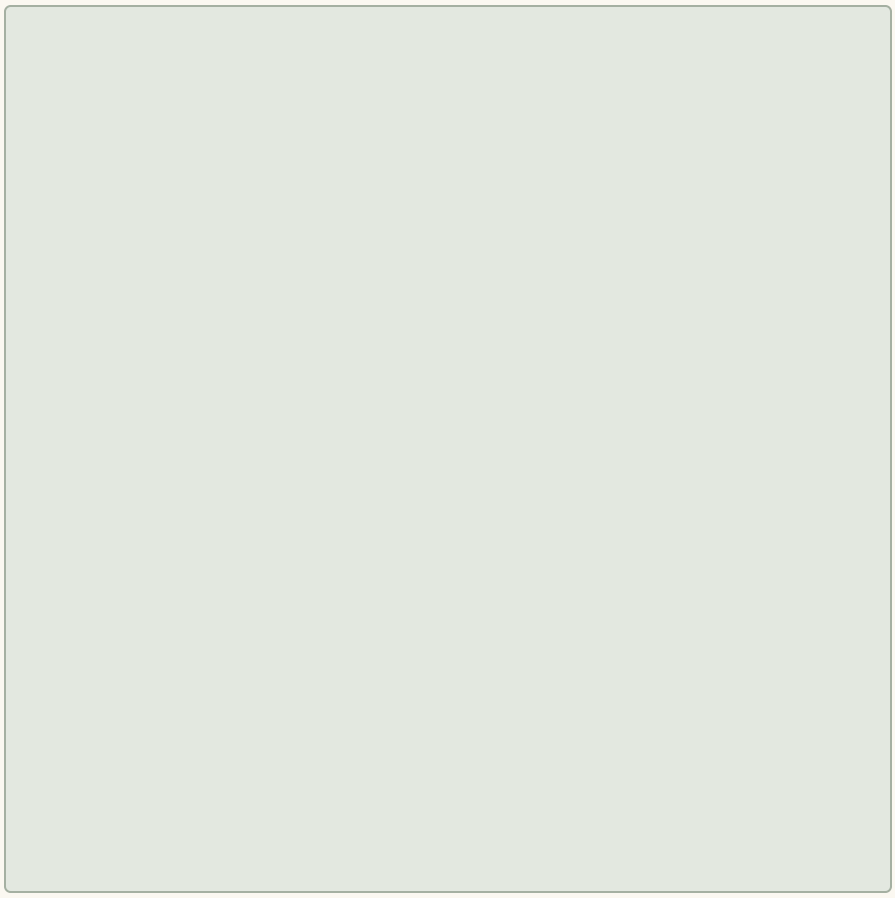
For this first edition, my invitation is simple: choose a step that respects the life you have today.

Naomi

THE EVERYDAY MIND PODCAST

On the podcast: Who Am I Now?

With guest Sahir Ahmed-Evans, in conversation about identity and life transitions.



Life transitions can bring questions about who we are and what comes next. This conversation offers a companion to the theme of beginning before everything feels settled.

As you listen, you might hold one question of your own: what still matters to me as things change?

FROM THE BLOG

Three places to begin

Psychology-informed reflections on the patterns that keep us stuck, from Naomi's blog at nurturebynaomi.com.

Overthinking

A gentle look at why the mind loops, and how to notice the loop without arguing with it.

Self-doubt

How the inner critic gets its voice, and what to ask before believing it.

Taking small steps

Why a smaller first step is often the kinder and more effective one.

Read more at **nurturebynaomi.com**

Listen, Watch & What's Next

PODCAST

The Everyday Mind: Who Am I Now?

Look out for Who Am I Now? with Sahir Ahmed-Evans. For currently released episodes, use the Spotify podcast links on **Linktree**.

YOUTUBE

The Everyday Mind channel

Watch conversations and episodes on **YouTube**.

New guest conversations will be announced there first, with dates once confirmed.

Upcoming

EVENT	WHEN	DETAILS
2027: The Year You Back Yourself. Your Pre-Christmas Reset Evening	Sunday 6 December 2026, 7–8:30pm GMT. Live on Zoom. £25	Confirmed. More details at **nurturebynaomi.com**
ROOTED with Cheryl of Yoga Bohemian	Date to be announced	Grounding, yoga, reiki and journalling, planned for Abbey Manor. Not yet open for booking.
Beyond the Labels: Reconnecting With Yourself with Liv	Coming soon. Date to be announced	Psychology and holistic exploration of identity.

AT YOUR OWN PACE

Keep exploring

Choose the format that fits your day. You don't need to do everything here.

WHERE	HOW TO FIND IT
Linktree	Find everything in one place: **The Everyday Mind on Linktree**, with Join The Everyday Note, podcasts, blogs and social channels
Podcast: The Everyday Mind	Listen to Who Am I Now?, with guest Sahir Ahmed-Evans
YouTube	**The Everyday Mind**
Instagram	@nurturebynaomi87
TikTok	@nurturebynaomi
LinkedIn	Find Naomi on LinkedIn via the website
Website	**nurturebynaomi.com**

Start with the free five-question overthinking guide, then choose one resource for today. Look for newsletter updates via nurturebynaomi.com when something new is ready.

Also open: the December workshop, £40 coaching, and self-paced courses.

AN INVITATION

2027: The Year You Back Yourself

Your Pre-Christmas Reset Evening

A space to pause before the year turns and consider what backing yourself could look like in the life you actually lead.

ONLINE VIA ZOOM

Sunday 6 December 2026

7–8:30pm GMT · £25

Book via the website.

Other ways to work with Naomi

Enquire about 1:1 psychology-informed life coaching, £40 per session, or explore the self-paced courses.

Visit nurturebynaomi.com to explore the options and choose what suits you.

Real life.
Real mind.
Small steps.

Read The Everyday Note at your own pace, with no pressure, whenever it feels right.

A place for practical psychology, thoughtful reflection and beginnings that fit into ordinary days. Keep what is useful; leave room for your own pace.

You can explore Naomi's work at **nurturebynaomi.com**.