

Beginner's Charter

Being a Beginner Again

One page. Design the first month so the dip — the ugly middle where most people quit — can't ambush you.

The one thing I'm beginning

My twenty-minute slot when & where — same time most days beats one heroic Sunday

Who I'll be bad alongside a class, a group, a friend learning too

How I'll measure effort for month one turning up — not results

When the dip hits, I will... shorten the session, not quit
