


A simple white line drawing of a stick figure on a black background. The figure has a circular head with a few short lines for hair, two dots for eyes, and a small horizontal line for a mouth. A large, irregular speech bubble extends from the top of the head to the right. Inside the speech bubble, the text "Hi, I'm Jainie" is written in a casual, handwritten style.

Hi, I'm  
Jainie

A simple white line drawing of a stick figure on a black background. The figure has a circular head with a few short lines for hair, two dots for eyes, and a small horizontal line for a mouth. A large, irregular speech bubble extends from the top of the head to the right. Inside the speech bubble, the text "Hi, I'm Jainie" is written in a casual, handwritten style.

Hi, I'm  
Jainie

# To Do List

- ☐ Make a to-do list

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# To Do List

- Make a to-do list
- Study for my test

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# To Do List

- Make a to-do list
- Study for my test
- Workout

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# To Do List

- Make a to-do list
- Study for my test
- Workout
- Ask my crush out

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# To Do List

- Make a to-do list
- Study for my test
- Workout
- Ask my crush out
- 
- 
- 
-

Perfectionist

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Overwhelmed

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# Overwhelmed





Where do  
I start?

# Imperfect Action



waiting for  
the perfect  
circumstances

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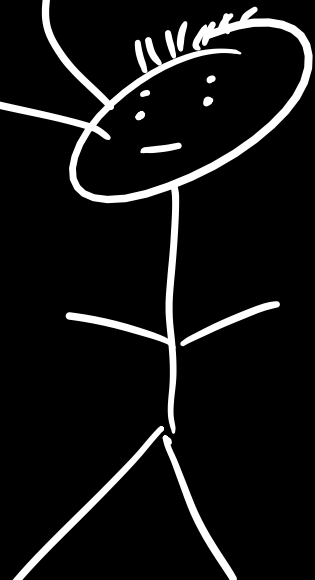
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I'm tired!

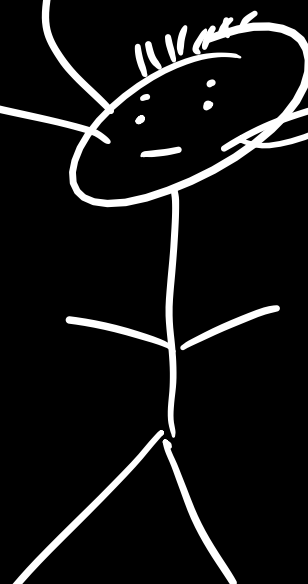
I don't have  
enough time



I'm tired!

I don't have  
enough time

I just  
ate



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I'm tired!

The gym is probably packed

I don't have enough time

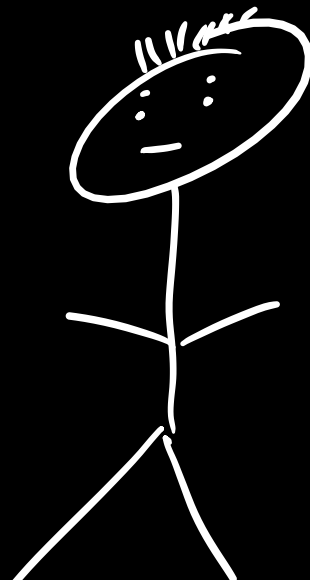
I just ate

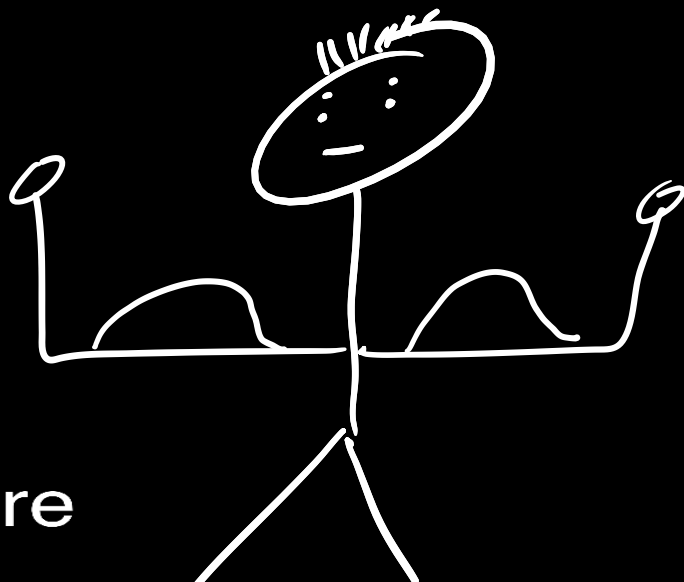
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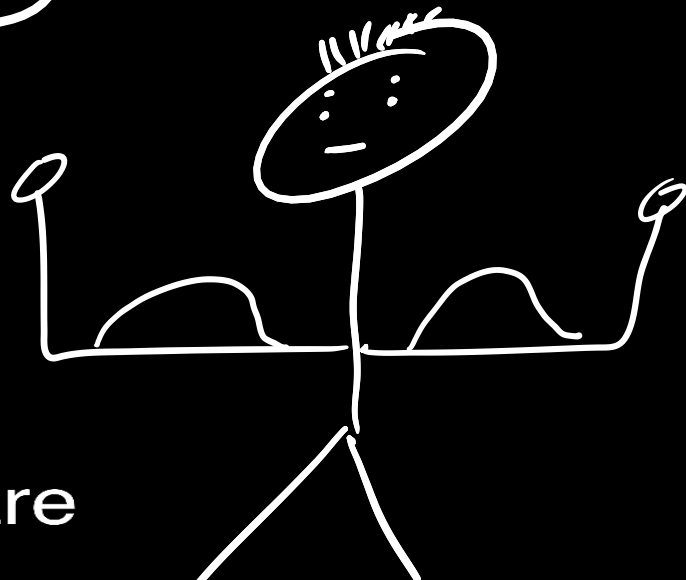




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Stop waiting for  
perfect, and be comfortable  
with good enough



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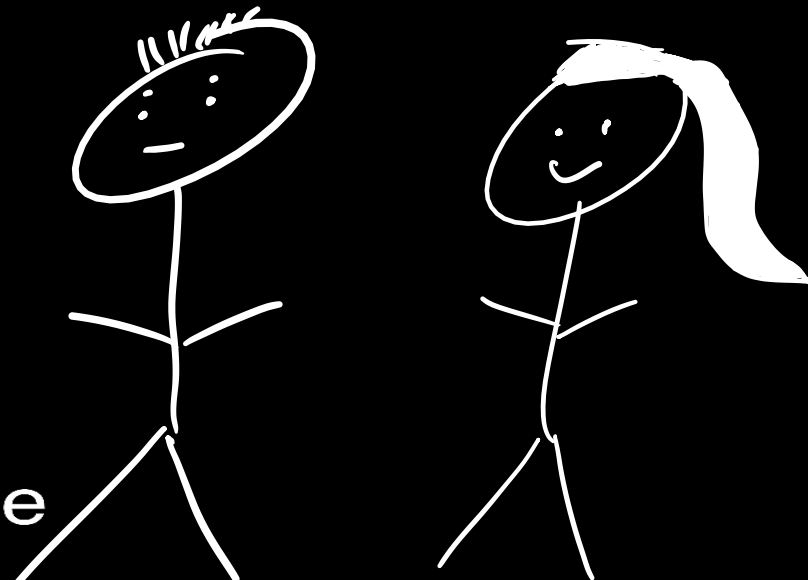
Overreaching  
goals

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# Overreaching goals

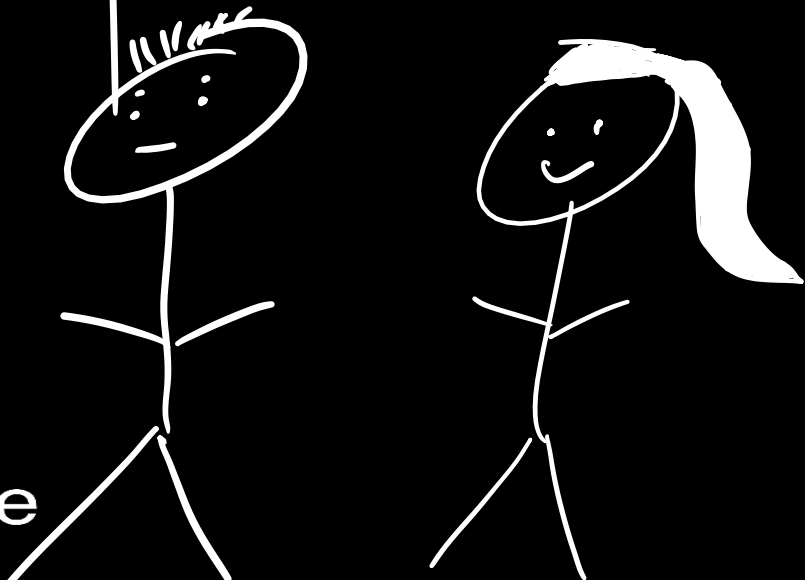


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Do you want  
to go out?

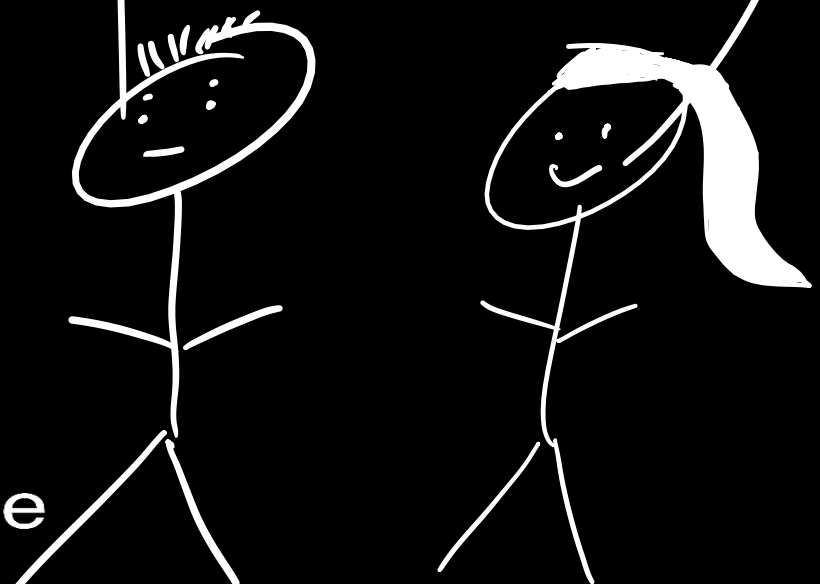


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Do you want to go out?

Yes, I've been waiting for you to ask me

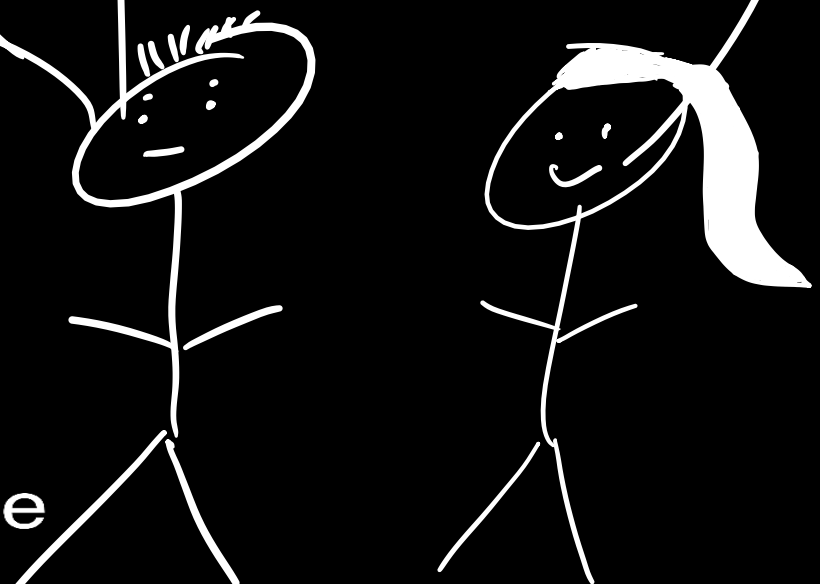




Do you want  
to go out?

Coffee?

Yes, I've been  
waiting for you  
to ask me



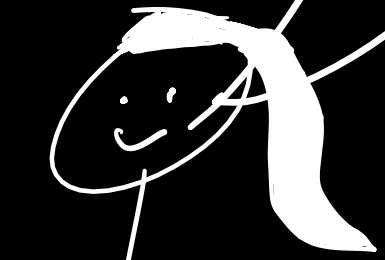
Do you want  
to go out?

Coffee?

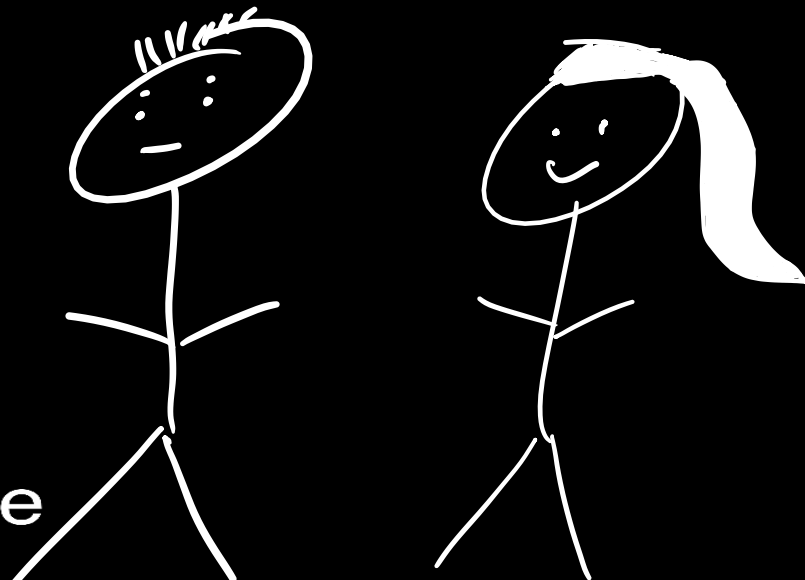


Yes, I've been  
waiting for you  
to ask me

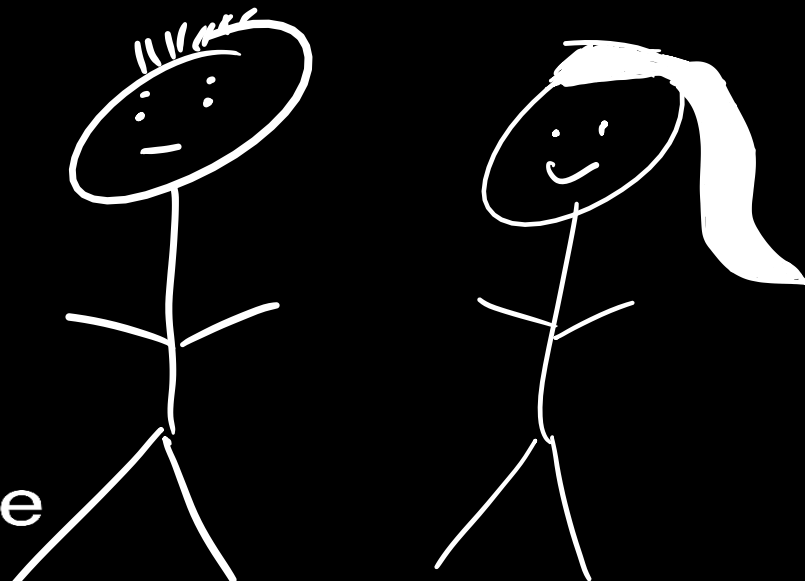
Of course!



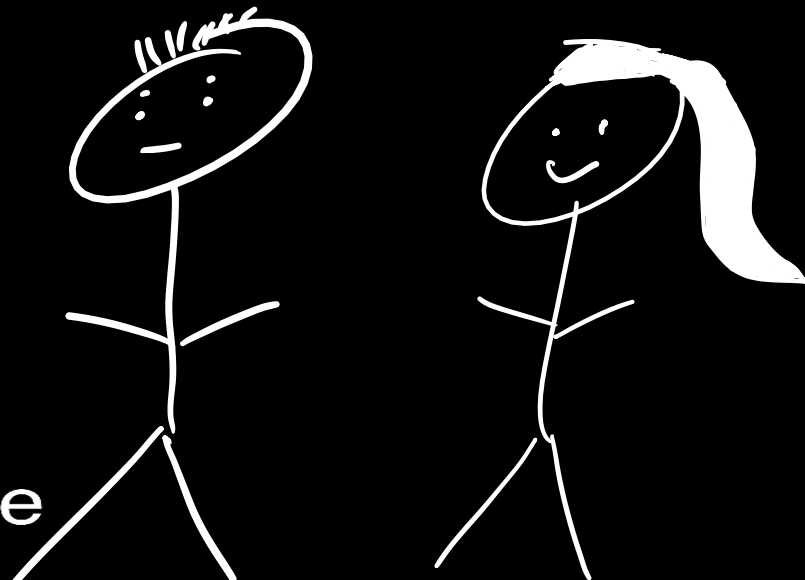
1



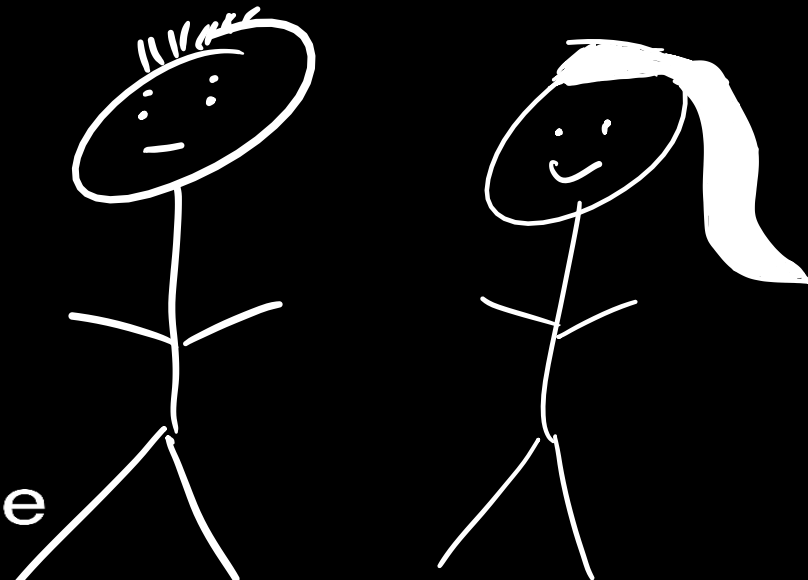
1, 2

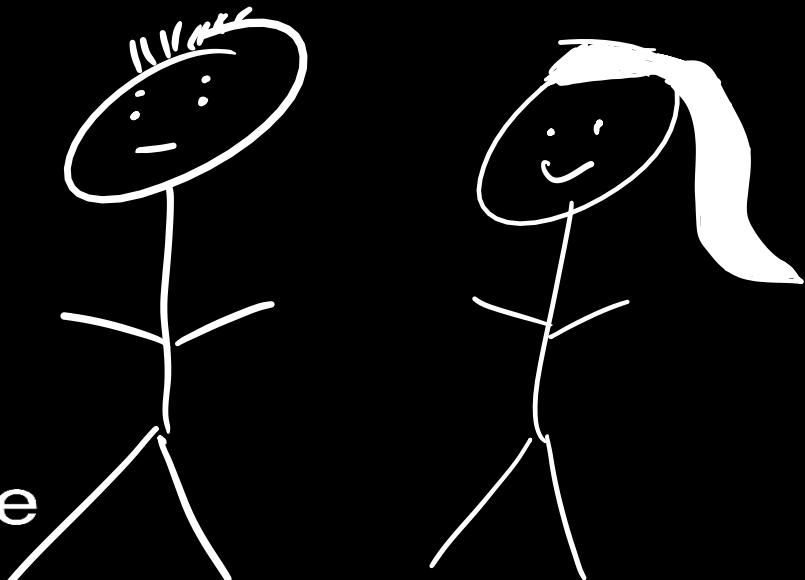


1, 2, 3



Starbucks!

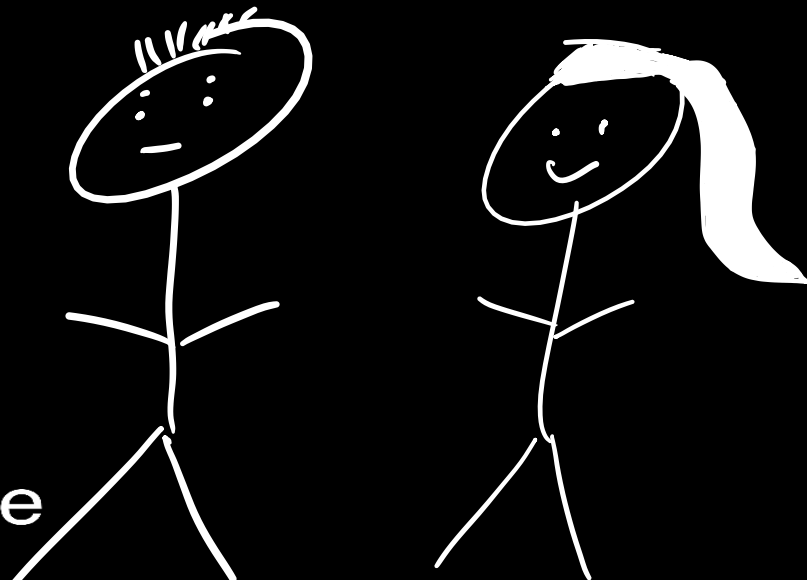




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Expect imperfections



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① Overwhelmed

① Overwhelmed

② Perfect circumstances

① Overwhelmed

② Perfect circumstances

③ Overreaching goals

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Willing to be  
imperfect