

# SOMEDAY STARTS NOW

Lokahi Backstage - Episode 1 Companion

## Ready or Not, Begin

How many times have you told yourself, “someday I’ll do it”?

That was me with this podcast—and even when I first started Lōkahi. I didn’t feel ready. I had so much to learn. Fear told me to wait.

But here’s the truth: you don’t get ready by waiting. You get ready by moving—one small, messy step at a time.

This week’s theme is Ready or Not, Begin. Because the only way forward is action.

### Think About This:

1. What’s one thing you’ve been putting off because you don’t feel ready?
2. What fears or “what-ifs” come up when you think about starting?
3. What’s one simple action you could take this week to begin?

### Try This:

Do one tangible action to move your “someday” forward. Pick one from the list (or create your own):

- Secure a domain name or social handle
  - Do 30 minutes of focused research
  - Ask someone to coffee or lunch who’s doing something similar
  - Write down your idea in a notebook or Google Doc
- 👉 Don’t overthink it. Just choose one and do it.

### From Me to You:

You don’t need a perfect plan.

You just need to start.

One action today is worth more than a hundred ideas tomorrow.

Here’s what helps me: when I get an idea, I write it down in my phone notes. Then I keep adding little thoughts as they come. For me, it’s often when I’m on a walk that all those pieces begin to click together.

Find what helps your thoughts come together—and then keep moving.

Messy is magic.

Motion creates momentum.

**LŌKAHI**  
**BACKSTAGE**  
*with Jamie Ann Blakeman*