



Progress Over Perfection

- Done is better than perfect.
- Forward is forward.
- Ask: What's the 80% version I can finish today?
- You can't edit what doesn't exist.





Your Journey Has Just Begun

Thank you for downloading the first Shift. I'm so glad you're here.

To unlock all 7 Shifts, the full workbook, reminder cards, and member tools, you can join the Half Brewed Brilliance community.

You'll get steady support, simple practices that fit real life, and a space where you're genuinely understood.

Lynn

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