

Perfect Time Kabhi Nahi Ata

(Ek guide un logo ke liye jo wait karte hai
"perfect time" ka)

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Her creator, her learner, her dreamer ke life
m ek esa phase aata hai jab lagta hai ki

“Abhi sahi time nahi aya hai.”

Mujhe bhi aisa hi lagta tha.

Kabhi setup perfect nahi lagta tha,

kabhi time nahi milta tha,

kabhi topic galat lagta tha.

Par sach yeh tha ki, m perfect moment ka
wait karta tha...

So ye guide tumhe help karegi apna

“sahi time”

banane m or vo bhi aaj se!

Kyu Hum Shuru Nahi Karte?

1. "Thoda aur plan kar leta hu"
2. "Abhi mood nahi hai."
3. "Thoda aur ready ho jaata hu."
4. "Next week se pakka."

Aur fir... wahi zero action.

Jab tak hum wait karte rehte hai na,
confidence her din thoda aur kam hota
jaata hai.

Iss cycle ko todne ka ek hi tareeka hai
"imperfect start".

“Start Today” Framework

Step 1: Ek chhoti si cheez choose karo jisme tum improve karna chahte ho.

(Example: ek reel banana, 10 pushups karna, 20 min padhna, ek video record karna)

Step 2: Roz ka ek *non-negotiable* 15 min decide karo, chahe kuch bhi ho, ye time tumhara hai.

Step 3: Focus on **actions**, not **results**.

7 din tak sirf kaam karo, bina result ko dhyan diye.

Bonus: Niche ek 7-day tracker add karo jisme tum usse tick kar sako!

 Day 1  Day 2  Day 3  ... Day 7 

Mindset Shifts

- "Clarity aati hai action se, sochne se nahi."
- "Aaj agar perfect nahi ho, toh kal ban jaoge, par start hi nahi karoge toh kuch bhi nahi ban paoge."
- "Action chhota ho sakta hai, par effect bada hota hai"
- "Her perfect person kabhi imperfect starter tha."
- "Wait kam karo, try zyada karo."

Action Sheet 📌 (isko print karva lena)

1. Mera goal:

2. Mujhe kya rok raha hai:

3. Main aaj kya chhota action le sakta hu (10 min ke andar):

4. Apna “non-negotiable” time:

Tip: Ye action sheet sirf tab hi kaam
karegi jab tum kaam karoge, ispe
likhoge, sirf padhoge nahi.

Special Note (iss note ko wahi padhe jo
sach m kuch karna chate hai, note
personally hit karega!)

Ek sach yeh bhi hai ki tum darte ho,
tum darte ho ek imperfect start se, ki
log kya kahenge, vo kya sochenge,
tumne apne mann m ek apni image
bana rakhi hai ki m toh perfect hu,
mujhe sab ache se ata hai, mujhe sab
pata hai or issi wajah se tum darte ho
ki jis din real m start kar diya toh uss
din tumhe tumhari reality (aukat) pata
chal jayegi, jisko tum accept nahi kar
paoge.

Or agar tum sach m kuch karna chate
ho toh apni iss imaginary so called
perfect image ko piche choro or aage
badho.

Start karo... anyhow

Agar tumne ye guide real m use kari
toh tumhe results dikenge!

Or hn agar tumhe yeh helpful lagta hai
toh tum mujhe apni instagram story p
tag kar sakte ho m uska reply jarur
dunga! [@TheMayankNegi](#)

Or hn mere iss guide ko sambhal ke rakhna,
kho mat dena!

Follow bhi kar lena [@TheMayankNegi](#) self
improvement ke liye.