

FROM THE BOOK
THE ALMOSTS

The Field Guide

The whole book in sixty-three moves.

Each chapter of *The Almosts* ends with three moves: something to do today, something to do this week, and the test that tells you it worked. They are gathered here so that when you are stuck, you do not need to reread a chapter. Find the one that names your problem. Check the box before the day ends. That is the entire method.

GEORGE WELLS

Why most people get close and only a few cross the line

PEAKSUCCESSPRESS · PEAKSUCCESSCO.COM

THE LINE

1. The Achievers and the Almosts

- TODAY** Write down the one project you are closest to finishing, and how far from done it truly is.
- THIS WEEK** Spend one hour on it before anything easier, every working day.
THE TEST You can name its next physical action without stopping to think.

2. Producers in Spite of Everything

- TODAY** Write down the excuse you use most, then name one person from this chapter who had it worse and produced anyway.
- THIS WEEK** Work one hour on your goal on the day the excuse feels most true.
THE TEST The excuse still exists, and the work happened anyway.

3. Be Dissatisfied First

- TODAY** Write one sentence describing what you refuse to keep accepting about your current situation.
- THIS WEEK** Turn it into a goal with a number and a date attached.
THE TEST You can state your goal from memory when someone asks.

THE AIM

4. The Detour Trap

- TODAY** List everything you touched this month and mark each one MAIN ROAD or DETOUR.
- THIS WEEK** Kill or park three detours, and tell whoever needs to know.
THE TEST Your calendar looks different than it did last week.

5. What Finishers Read

- TODAY** Choose the one book that serves your goal and put it where your phone usually sits.
- THIS WEEK** Read thirty minutes a day with a pen in hand.
THE TEST You used one idea from the book in real work.

6. The Friends Who Help You Finish

- TODAY** List the five people you talk with most and mark each one PULLS FORWARD or HOLDS BACK.
- THIS WEEK** Contact one doer you admire with one specific question.
THE TEST You had one conversation this week that raised your aim.

7. Plans That Produce

- TODAY** Write tomorrow's plan tonight: three items, hardest first.
- THIS WEEK** Plan every day the night before, without exception.
THE TEST Your mornings begin with work instead of with deciding.

8. How to Say No to Yourself

- TODAY** Say no to one request that does not serve the plan, in one sentence, without apology.
- THIS WEEK** Decline or cancel three standing drains on your time.
THE TEST The no cost you less than you feared it would.

THE WORK

9. Doing the Thing You Hate Most

- TODAY** Do the task you have dodged longest, first, before you open email.
- THIS WEEK** Start every day with the thing you want to do least.

THE TEST Nothing on your list is more than a week old.

10. When You Don't Feel Like It

- TODAY** Set a small daily quota and meet it whether or not you feel like it.
- THIS WEEK** Go seven for seven, mood ignored.

THE TEST You worked at least once this week when you absolutely did not feel like it.

11. Decide the Small Things Fast

- TODAY** Give every small decision ten seconds: decide, act, move on.
- THIS WEEK** Pre-decide the repeaters: meals, clothes, routes, tools.

THE TEST You cannot remember what you wore Tuesday, and it cost you nothing.

12. Start Before You're Ready

- TODAY** Start the stalled thing badly for five minutes, right now.
- THIS WEEK** Begin every work block in the middle of the task, never with preparation.

THE TEST Your getting-ready time is approaching zero.

13. The Best Hours

- TODAY** Block tomorrow's first ninety minutes for the work that counts; let nothing in.
- THIS WEEK** Keep the same block every day, and open no email before it ends.

THE TEST Your most important work is finished before most people have started.

THE MULTIPLIERS

14. Working for Quality

- TODAY** Pick today's one deliverable and do it right the first time, even if slower.
- THIS WEEK** Sign your work, literally or mentally, before it goes out the door.
THE TEST Nothing you shipped this week came back for redoing.

15. Doing Two Things at Once

- TODAY** Pair one stretch of dead time, a commute or a wait, with material that serves your goal.
- THIS WEEK** Reclaim five found hours from waiting, walking, and riding.
THE TEST You finished something this week that cost zero scheduled time.

16. The Best Place to Work

- TODAY** Fix one thing in your workspace that leaks attention; the phone in another room counts.
- THIS WEEK** Work at the same hours in the same spot every day.
THE TEST Sitting down there starts the work by itself.

17. Get Someone Else to Do It

- TODAY** Hand off one task that someone else can do eighty percent as well as you.
- THIS WEEK** Write the simple checklist that makes the handoff stick.
THE TEST It happened this week without you, and it held.

THE DISTANCE

18. Work for More Than Money

- TODAY** Write one sentence on why the work matters beyond the paycheck, and keep it visible.
- THIS WEEK** Do one piece of work this week that money did not require of you.
THE TEST You worked well on a day the pay felt far away.

19. Take on More Work

- TODAY** Raise your hand for one responsibility slightly beyond your title.
- THIS WEEK** Deliver it early, without being chased.
THE TEST Someone now brings you the bigger problems.

20. Make Habit Your Friend

- TODAY** Pick one keystone habit and anchor it to the same trigger at the same time.
- THIS WEEK** Chain seven days in a row and mark the X where you can see it.
THE TEST Skipping it now feels wrong.

21. Cross the Line

- TODAY** Write your favorite alibi at the top of a page and the truth beneath it.
- THIS WEEK** Catch the alibi out loud each time it speaks, then do the thing anyway.
THE TEST You did one thing this week your alibi said you could not.

The world is not short on dreamers. It is short on finishers.

This guide travels with the book. **The Almosts** by George Wells, in hardcover and ebook.

PEAKSUCCESSCO.COM