



PEOPLE IN MOTION

Your Move

*A short guide to what happens
after the guide ends.*

PEOPLEINMOTION.COM

DISCLAIMER

This guide gives general information about habit, behaviour and motivation. It is not medical, psychological, financial or legal advice, and it isn't a substitute for advice from someone qualified to give it.

If you have a health condition, a diagnosed mental health condition, or any doubt about whether a change is safe for you, talk to a doctor or another qualified professional before you act on anything here.

Nothing in this guide guarantees a particular result. What works varies by person and circumstance, and the responsibility for what you do next is yours.

To the extent the law allows, People in Motion is not liable for any loss, injury or damage arising from your use of this guide.

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BEFORE WE START

You started with the hardest part: moving. Then a direction, an honest look at what you had, a rhythm, a way of handling it when things pushed back, a way of knowing when to change the route instead of the destination, a way of growing what you could carry, and people to carry it with.

That's a full system. None of it does anything on its own. A direction doesn't walk itself. An inventory doesn't spend itself. A rhythm doesn't start itself the first time, and it doesn't restart itself the day it breaks. Every single piece of this, every time, has been waiting on the same thing.

You. Deciding to act on it.

Every guide eventually reaches this page, the one where the explaining has to stop, because there's genuinely nothing left to explain. What remains was never going to arrive through more reading. It only ever arrives through what you do next, today, with everything you've already got.

Your move.



CHAPTER ONE

Nobody else can make this move for you

Every idea in this whole series can be handed to you. The direction, the method, the community, all of it can be given, explained, even modelled by someone standing right next to you.

The move itself can't be given. It's the one part nobody else can do on your behalf, no matter how much they want to or how capable they are. Someone can walk beside you. Nobody can walk for you. That's not a limitation of the support around you. It's just what agency means, stripped of the word's usual decoration.

Everything up to this point was preparation. This part was always going to be yours alone.