

PEPPER TIME 3: 7-YEAR-OLD vs. 70-YEAR-OLD SELF

Timing: 5 minutes.

What you'll need: Your journal, a pen, and a quiet spot (optional: timer).

What it's about: Borrow courage from two versions of you—your bold 7-year-old and your wise 70-year-old—to cut through overthinking and choose your next brave step today.

How to do it:

- Meet 7-year-old you. Picture your wild, curious, fearless self. They don't overthink—they play, try, explore. Failure isn't a thing; it's recess. Write exactly what they'd do next: Knock on the door. DM them. Post it. Press "go."
- Meet 70-year-old you. Picture your wiser, no-BS future self. They remember the leaps, not the almost. Write a one-line postcard from them: "Dear me, you'll be proud you [told the truth / pitched / booked it / launched it]."
- Choose the micro leap. Overlay both answers, and pick one bold action you can do in 24 hours. Keep it tiny and real: Say yes to the opportunity. Book the flight. Pitch the client. Launch the offer. Make the move. Write it as a commitment: "Tomorrow at 10:30 a.m., I will ____."

What to expect: A clear, doable action that feels both playful and wise. Your 7-year-old cuts the fear. Your 70-year-old keeps perspective. Together, they point you toward courage