COACH STEVE PRESENTS

# REAL TALK.

A MONTHLY NEWSLETTER FROM COACH STEVE

VOLUME 1 | NOVEMBER 2026

## YOU DON'T NEED TO HAVE IT ALL FIGURED OUT.

## YOU NEED TO START.

REAL TALK. REAL LIFE. REAL GROWTH.

STOP WAITING. START BECOMING.™

01 / A WORD FROM COACH STEVE

# YOU DON'T NEED TO HAVE IT ALL FIGURED OUT. YOU NEED TO START.

Let's get something straight.

You don't need another Monday.

You don't need another New Year's resolution.

And you sure as hell don't need to wait until every piece of your life falls perfectly into place.

Because here's something I've learned the hard way.

**Life doesn't wait for you to be ready.**

I've made mistakes. Plenty of them.

I've taken wrong turns, chased the wrong things, and found myself in places I never imagined I'd be.

I've experienced setbacks that knocked me down physically, personally, and financially.

And I've had to rebuild.

More than once.

But looking back, the biggest changes in my life didn't happen because everything suddenly got easier.

They happened when I finally made a decision.

> **Something had to change. And that something was ME.**

Not the people around me.

Not my circumstances.

Not the things I couldn't control.

ME.

And that's where the real work began.

02 / THE REALITY CHECK

## NOBODY IS COMING TO DO THE WORK FOR YOU.

Read that again.

People can encourage you.

They can support you.

They can believe in you.

But they cannot make your decisions, develop your discipline, or do the work required to change your life.

That responsibility belongs to you.

And before you get discouraged, understand something.

**That's actually good news.**

Because it means you have more control over your future than you might realize.

You don't have to change everything overnight.

You don't have to become a completely different person tomorrow.

But you do have to stop waiting for something outside of you to make the decision.

**OWN YOUR CHOICES. OWN YOUR ACTIONS. OWN YOUR FUTURE.**

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03 / THE NEXT STEP CHALLENGE

## ONE DECISION. SEVEN DAYS. NO EXCUSES.

Here's what I want you to do this month.

Choose ONE area of your life that needs attention.

Maybe it's your health.

Maybe it's your confidence.

Maybe it's your finances, your relationships, or the way you speak to yourself.

Whatever it is, stop looking at the entire mountain.

Look at the next step.

For the next seven days:

**1. Make one clear commitment.** Something specific and achievable.

**2. Take one meaningful action every day.** Even when you don't feel motivated.

**3. Keep your word to yourself.** Especially when nobody is watching.

That's it.

Seven days.

Not seven days of perfection.

**Seven days of showing up.**

Because confidence doesn't come from repeatedly telling yourself you're capable.

It comes from proving it to yourself through action.

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**04 / FROM THE BOOK**

## STOP WAITING. START BECOMING.™

There's a message at the heart of my book that I want to share with you.

> **You don't need to have everything figured out. You need to figure out your next step.**

For years, I thought meaningful change required some enormous breakthrough.

Some life-changing moment when everything would finally make sense.

But that's not how my transformation happened.

It started with small decisions.

Showing up.

Working on myself.

Making healthier choices.

Doing the work again the next day.

Nothing flashy.

Nothing complicated.

Just consistent action.

And eventually, those small decisions began changing the person I was becoming.

That's the message behind STOP WAITING. START BECOMING.™

It's not about pretending life is easy.

It's about recognizing that your past doesn't have to dictate your future.

**YOU CAN START AGAIN.**

And you can start today.

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**05 / THE FINAL WORD FROM COACH STEVE**

## WHAT AM I STILL WAITING FOR?

Before you close this newsletter, I want you to ask yourself one question.

Permission?

Confidence?

The perfect opportunity?

Someone else's approval?

Or are you simply afraid to take that first step?

Whatever your answer, here's what I want you to remember.

You have already survived things you once thought would break you.

You've learned lessons.

You've made mistakes.

You've grown, even when you didn't recognize it.

And you're still here.

That means your story isn't finished.

Not even close.

So stop waiting for the perfect moment.

Stop negotiating with your excuses.

Stop putting your own growth at the bottom of your priority list.

**MAKE THE DECISION. TAKE THE STEP. DO THE WORK.**

And tomorrow?

Do it again.

Because becoming the person you want to be isn't a one-time event.

It's a commitment you make to yourself.

Every. Single. Day.

**STOP WAITING. START BECOMING.™**

**— Coach Steve**

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**REAL TALK. REAL LIFE. REAL GROWTH.**

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