



The Mushy Blueprint

I stopped letting my weakness define me. You can do the same, starting today.

I'm proud of the progress I've made with my stammer. I was lucky to have a teacher, Mr Burton, who gave me a nudge in the right direction.

Not everyone gets that. Think of this guide as your nudge.



Stop focusing on you

At school, Mr Burton had me wear headphones while speaking. It blurred out distractions and quieted the noise in my head. You can do the same, by simply pointing your attention to the listener and the goal of the conversation.

Ask, "What do they need?" instead of "How do I sound?"

Self focus spikes anxiety and steals working memory; outward focus frees you to speak more clearly and calmly.



Choose action

Start before you're ready. Say one sentence sooner than you normally would.

Momentum beats perfection. Perfect is a fantasy that will hold you back from the person you want to become.



Daily practice

Say a small hello to a bus driver. Make a brief call to a call centre just to practice staying in conversation. Build from seconds to minutes, until even cold callers hang up first.

Frequent, lowstakes reps desensitise fear. No TED Talk required.



Reframe your identity

Remind yourself: My weakness is part of me, not all of me. I'm a confident communicator who deserves to be heard.

Identity drives behaviour. Change the story, and the story changes you.

I hope these tips help. Build them into your day, then let me how you get on. If you want to work with me, or you would like me to bring inspiration, motivation, and a powerful story to your stage, get in touch at Info@MushyAsghar.co.uk.

Mushy