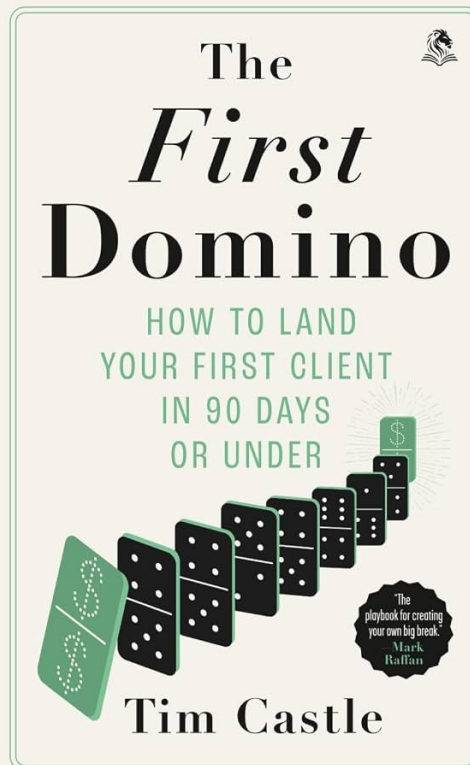


The First Domino

LinkedIn Post Templates

10 ways to share your experience
and help someone take their next step



Tim Castle

A companion resource to The First Domino



Start with one useful post

Use these templates to turn the challenges in The First Domino into useful LinkedIn posts. Share what you tried, what you learned and something your reader can use.

How to use the templates

1. Choose a challenge and take action before writing about it.
2. Replace every bracketed prompt with real details from your experience.
3. Give readers an action to try, a question to ask or a mistake to avoid.
4. Read your draft aloud and make it sound like you.
5. Check accuracy and remove confidential details before posting.

You can share an experiment while it is still underway. A specific observation and an honest lesson are enough.

Choose your starting point

- 01 The thing I finally stopped putting off
- 02 The opportunity I nearly ruled myself out of
- 03 An idea I am going to test
- 04 What happened when I made it easier to say yes
- 05 What being a beginner reminded me
- 06 The question I added to my meetings
- 07 A phrase I am changing
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- 09 The habit I am testing for 90 days
- 10 A practical way I can help

Adapted from the challenges in The First Domino by Tim Castle. These templates are new companion material, not extracts from the book.



The thing I finally stopped putting off

The challenge Be a magic maker — Act on something you have been delaying.

I spent [length of time] putting off [specific action].

I told myself I needed [more time / more confidence / a better plan].

Today, I finally [what you did].

Here's what actually happened:

[Honest account—even if the outcome was small.]

The part I'd made unnecessarily difficult was [specific obstacle].

If you're putting off something similar, this helped me:

[Practical way to make starting easier.]

My next step is [action].

What's one thing you could move forward before the end of today?



The opportunity I nearly ruled myself out of

The challenge Do impossible things — Approach people and opportunities beyond your usual reach.

I nearly didn't [apply / send the message / ask for the meeting].

I assumed [reason you thought the opportunity was out of reach].

But I decided to [specific action].

Before reaching out, I did three things:

1. [How you researched the person or opportunity.]
2. [How you made your approach relevant.]
3. [How you made the next step easy.]

The response was [actual outcome, including no response if that's what happened].

What I learned: [useful lesson].

If you're considering a similar approach, spend less time on [unhelpful activity] and more time on [helpful preparation].



An idea I am going to test

The challenge Trust your intuition — Create space, capture ideas and act on them.

An idea kept coming back to me:

[Idea.]

I finally gave myself [time or space] to think it through without [usual distraction].

I realised I'd been noticing [specific pattern or unmet need].

Rather than commit to the whole thing, I'm testing it by [small experiment].

I'll look for [evidence or feedback] before deciding what comes next.

If you've got an idea you keep returning to, try this:

Write down the smallest version you could test this week—and what you'd need to learn from it.



What happened when I made it easier to say yes

The challenge Reduce the friction — Make your outreach relevant and the next step clear.

I looked back at a [message / proposal / invitation] I'd sent.

I'd made the other person do too much work.

They had to figure out [what was unclear].

So I rewrote it.

Before: "[Original wording.]"

After: "[Clearer wording.]"

The changes were simple:

- [How you made it relevant.]
- [How you clarified the value.]
- [How you simplified the next step.]

[What happened next, if known.]

Before you send your next message, ask:

"Can this person quickly understand why it matters to them and what I'm asking?"



What being a beginner reminded me

The challenge Get an epic life — Try an experience outside your usual routine.

This week, I tried [activity] for the first time.

I was [honest feeling].

At one point, [specific moment].

What helped was [instruction, behaviour or encouragement].

It reminded me how much we take for granted when we already know how to do something.

At work, I'm going to apply that by [specific change to how you teach, lead or support others].

If you're helping someone learn [relevant skill], try [useful action].

It's something I appreciated being on the receiving end of.



The question I added to my meetings

The challenge Question everything — Practise purposeful questioning in your next five meetings.

For my last [number] meetings, I've been asking:

"[Question.]"

Previously, I tended to ask [previous question or approach].

The new question helped uncover [specific insight].

In one conversation, [brief anonymised example].

That changed our next step from [original plan] to [better-informed action].

It's particularly useful when [situation].

One thing I'm learning: [tip about timing, tone or listening].

Try it in your next [type of meeting] and notice what you learn.



A phrase I am changing

The challenge Adopt the mindset — Spend seven days paying attention to your language.

I caught myself saying “[habitual phrase]” this week.

When I thought about it, I was [avoiding a decision / being vague / making an assumption].

So I changed it to:

“[More precise, constructive wording.]”

That meant I had to [take ownership, make a decision or clarify a commitment].

For example:

[Short example of how the conversation changed.]

For the next seven days, I’m paying attention to [specific language habit].

If you want to try this, start with one phrase you use regularly.

Ask yourself: does it accurately describe the situation—and help me decide what to do next?



Why this work matters to me

The challenge Tell the story — Explore your deeper motivation and share a lesson or resource.

When people ask why I do [work], I usually say [surface-level explanation].

But there's a more personal answer.

[Specific experience that shaped your motivation.]

I remember [concrete detail].

That experience made me care about [problem or change].

Today, it influences how I [specific behaviour in your work].

For anyone facing [related challenge], here's something I wish I'd known:

[Useful lesson.]

A resource that helped me was [resource and why it's useful].

That's what I hope my work helps more people do: [meaningful outcome].



The habit I am testing for 90 days

The challenge Become a magnet — Practise consistent actions and reflect on their effects.

For the next 90 days, I'm committing to [specific habit].

I want to improve [goal], and this is one action I can control.

Here's the plan:

- When: [time or trigger.]
- What: [clear, manageable action.]
- How I'll track it: [simple measure.]
- What I'll do if I miss a day: [realistic restart plan.]

I'll review [relevant outcome] after [period].

My starting point is [honest baseline].

If you're working towards something similar, what's one repeatable action you could build into your week?



A practical way I can help

The challenge Securing your first domino — Help someone in your network without expecting a return.

If you're currently [specific situation], I can offer something practical.

I have [relevant experience, knowledge or resource].

I can help with [specific, bounded offer].

For example:

- [Useful form of support.]
- [Useful form of support.]

Here's something you can use straight away:

[Include a tip, checklist, resource or example in the post itself.]

If you'd benefit from [offer], feel free to message me with [minimum information needed].

I can support [realistic capacity] over [time period].

