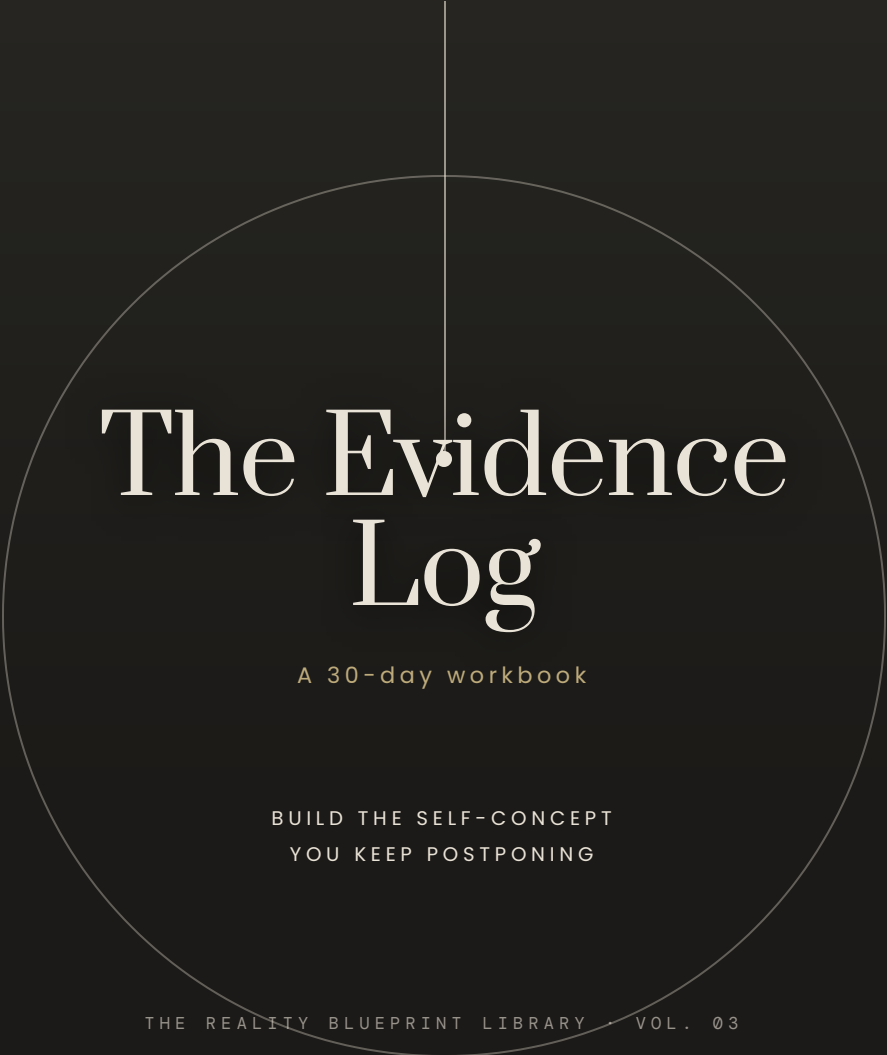




H A D A S S A H



The Evidence Log

A 30-day workbook

BUILD THE SELF-CONCEPT
YOU KEEP POSTPONING

THE REALITY BLUEPRINT LIBRARY · VOL. 03

H A D A S S A H

The Evidence Log

A 30-day workbook for the version of you that
you keep postponing.

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ABOUT THIS GUIDE

The Evidence Log is Volume 03 of The Reality Blueprint Library, a set of free guides by Hadassah. It's a 30-day workbook: eight short chapters of teaching, then one page for each day, with a short review at the end of each week and a full review on Day 30.

It's written for anyone who already knows what she wants to change, has tried the affirmations and the vision boards, and wants something she can actually do on an ordinary Tuesday.

Every example in this workbook is an illustration. None of them describe real people or real clients.

IMPORTANT

This guide is educational. It is not therapy, counseling or medical advice, and it does not diagnose or treat anything. It makes no promise of any specific result, income or timeline. If you are going through grief, trauma, depression, abuse, an eating disorder or thoughts of harming yourself, please reach out to a qualified professional, and in an emergency contact your local emergency number. There's more on this in "When this is not the right tool," near the end.

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This is a workbook. It works when you write in it, and it works best on ordinary days.

Part one is the teaching. Eight short chapters on what a self-concept is, why you can't simply decide to believe a new one, and how small, written evidence changes the way you see yourself. Each one ends with an exercise and a "What to keep" box. Read them in order before you start the daily pages. It takes an evening or two.

Part two is the 30 days. A baseline page called Day 0, one page for each day, a short review after each of the first three weeks, and a full review on Day 30.

WHAT YOU NEED

- A pen, and this file printed or open on a tablet you can write on. On a phone, keep a notebook beside you, number the pages from Day 0 to Day 30 and copy each prompt.
- Five to ten minutes a day. Not more.

THE ONE RULE

Here, evidence means something a camera could have recorded. Something you did. Not a mood, not a sign, not a vague feeling of progress. Chapter two explains why, and chapter five shows you how.

A FEW HONEST NOTES

Your log is private, so write what's true, including the days that go badly. This is not a test and not a 30-day promise. It's a structured way to start collecting proof of the person you're choosing to be.

If you're going through something heavy right now, such as grief, depression, trauma or a crisis, please read "When this is not the right tool" near the end first.

CHAPTER

01

The sentence that organizes your life

"The way you see yourself shapes what you believe is possible, what you pay attention to, what you choose, and what you do."

INSIDE • THE QUIET SENTENCE • HOW IT RUNS THE LOOP • WHY IT
FEELS LIKE A FACT • FINDING YOURS

There is a sentence you say about yourself so often that you've stopped hearing it.

It's rarely dramatic. "I'm not a morning person." "I'm bad with money." "I'm the one who holds everything together." "I always start strong and then disappear." "I'm just not the type who gets chosen."

You might say it as a joke. You might never say it out loud. But it's there, quietly organizing your day.

Psychologists call this your self-concept: the beliefs you hold about who you are. In this workbook I'll keep it simple and call it your **sentence**. Most of us have several. Usually one of them is in charge of the area of life where you feel stuck.

How one sentence runs a whole day

This is the idea the whole workbook is built on:

What you repeatedly do creates evidence, that evidence reinforces your identity, and your identity shapes the reality you keep experiencing.

Let's watch it happen. Imagine your sentence is "People don't really take me seriously," and follow one ordinary meeting.

- **What feels possible.** You don't put your name forward for the project you want. Someone like you doesn't get picked.
- **What you notice.** While you talk, you see the one person checking their phone, not the two who nodded.

- **What you choose.** You keep your idea short, or save it for later, which usually means never.
- **What you do.** You start with “This might be a silly idea, but...” and speak a little too fast.
- **What comes back.** People respond to a rushed, apologetic idea the way people usually do. They move on.
- **What you conclude.** “See? Nobody takes me seriously.”

Nothing mystical happened in that room. A sentence made a dozen small decisions, and the decisions produced something that looks exactly like proof. The next meeting starts from there.

THE 9 CYCLE METHOD IN ONE BREATH

Experience, Interpretation, Belief, Attention, Decision, Action, Evidence, Identity, Reality. Something happens. You give it a meaning. The meaning repeats into a belief. The belief filters what you notice. You choose from what feels possible. You act. Your actions produce results that look like proof. The proof becomes “this is who I am.” And that identity shapes the life you keep experiencing.

Your self-concept lives mostly at station 08, Identity. But it reaches into every other station: what you notice, what feels possible to choose, and what you count as proof.

Why it feels like a fact

It was built from real moments. Your sentence isn’t a lie. It’s a summary. The trouble is that it’s a summary of the past being used as an instruction for the future.

It arrives before you think. I call this the automatic translator: interpretation happens so fast that a conclusion feels like perception. You don't decide to think "I'm not good at this." You just see it.

It collects its own evidence. Because it shapes what you notice and what you try, it keeps producing the moments that confirm it.

PLEASE HOLD ON TO THIS

Some sentences were built from things that were done to you, or that simply happened: a loss, a parent who left, years of being overlooked. You didn't choose those, and you didn't cause them. This work doesn't ask you to take the blame for your history. It asks a smaller, kinder question: **which sentence do you want making your next choices?**

Where your sentence hides

Asking "What do I believe about myself?" rarely works. The mind answers that one politely. Look here instead.

- **In always and never.** "I always ruin it." A camera can't record always or never. It records occasions. When you hear those words, a sentence is nearby.
- **In the joke.** "Classic me." "I'm such a mess, haha." We joke about what we've stopped fighting.
- **In the reason.** "I'd love to, but I'm just not..." The words after "but I'm" are often your sentence, word for word.
- **In what you don't try.** The class you don't sign up for, the price you don't raise. A sentence is most powerful where it stops you from collecting new evidence at all.

- **In your loop.** If you know which of the five loops tends to run your life, its story is a close cousin of your sentence. The Not-Yet Loop (“I’ll start when I’m ready”) often sits on top of “I’m someone who is never quite ready.”
-

“I’m just not a confident person.”

Where it shows up: she rewrites a two-line email four times. She waits for everyone else to speak first. She says “sorry” before she asks a question.

“I’m bad with money.”

Where it shows up: she doesn’t open her banking app for weeks, says yes to every dinner, then panics at the end of the month. Avoiding the numbers means the sentence never gets tested.

“I’m the reliable one.”

Where it shows up: she can’t say no, so she’s always tired, and she never asks for help, because the reliable one doesn’t need any. A sentence can sound like a compliment and still run you.

How to find your current sentence

Choose one area where things keep repeating: work, money, love, your body, friendships, being seen. Then try one of these three doors.

Finish it ten times. Write “I’m the kind of person who...” and finish it ten times, fast, without editing. Circle the one that stings a little.

Work backward from the pattern. Look at what keeps happening and ask: "What would someone have to believe about herself to keep choosing this?"

Listen for the reason. For one day, notice every time you explain why you won't do something. Write down what comes after "because I'm" or "but I'm."

You'll know you've found it when it feels obvious, a bit embarrassing, and old. And it describes you, not the world. "Men always leave" is about the world. The sentence about you, underneath it, might be "I'm someone people leave."

If you feel some discomfort while you do this, that's normal. You're looking at something that has held a lot up for a long time. Be gentle, and be curious.

Find your sentence

Use one of the three doors. Write your sentence in plain words, then three places it showed up this week, as a camera would have recorded them.

My current sentence

Where it showed up this week

WHAT TO KEEP

- **Your self-concept is a sentence:** a plain belief about who you are, usually running one area of your life.
- **It runs the loop.** It shapes what you notice, choose and do, then collects the results as proof.
- **It's a summary, not a verdict,** used as an instruction for the future.
- **Look for it** in always and never, in jokes, in your reasons and in what you don't try.

CHAPTER

02

Why you can't simply decide to believe

*"Words point the direction. Evidence is what
makes a new sentence believable."*

INSIDE • BELIEF COMES AFTER • WHAT AFFIRMATIONS DO WELL •
WATCHING YOURSELF • WHY YOU WRITE IT DOWN

If you could simply decide to believe something new about yourself, you would have done it already.

You've probably tried. You wrote "I am confident" on a sticky note and said it to the mirror. Maybe something softened. And maybe a quiet voice answered: "No, you're not."

That voice isn't proof that you're doing it wrong. It's your mind checking a sentence against the evidence it already has. Your old sentence has years of evidence behind it. The new one has a sticky note.

Belief comes after evidence

Think of something you believe about yourself without effort: "I'm a good driver," or "I can cook a decent pasta."

You weren't born believing it. You drove hundreds of times and nothing bad happened. You made that pasta until it stopped being a recipe. The belief arrived after the repetitions, not before. Nobody had to convince you.

The painful sentences were built the same way, from a long collection of real moments filed under one heading. So when you try to install a new belief on day one, you're asking your mind to accept a conclusion without the file. It won't. Not because you're broken, but because it's careful.

THE SHIFT

You don't believe your way into evidence. **You collect your way into belief.**

What affirmations are good for

I'm not going to tell you affirmations don't work. One of my videos is literally called "This is why affirmations work." They point a direction: a sentence you repeat tells your attention what to look for. They interrupt the automatic sentence, even for a moment. And they make a new idea familiar, and familiar things feel less threatening to try.

What words can't do on their own is make a sentence believable while your behavior keeps disagreeing with it. If you say "I honor my time" every morning and say yes to every request by noon, your mind is watching the yes.

So keep your affirmations, if they help you. Then give them something to point at.

THE WORDS	WHAT MAKES THEM BELIEVABLE
"I am confident."	I spoke first in this morning's meeting.
"I am good with money."	I checked my balance on Monday and again on Thursday.
"I deserve rest."	I closed my laptop at 8 p.m. three nights this week.
"I am a writer."	I wrote 200 words before I looked at my phone.
"I attract good people."	I said yes to the coffee invitation instead of making an excuse.

We learn who we are by watching what we do

In 1972, the psychologist Daryl Bem described what he called self-perception theory. In plain words: when we're not sure what we feel or believe, we work it out partly the way an outsider would, by looking at what we do. "I keep going to that class, so I must actually like it."

Bem noted that this happens most when our inner signals are weak or unclear. That's exactly where you are with a new self-concept. You don't feel like her yet, so your mind looks around for clues. This workbook hands it better clues, on purpose.

Albert Bandura, writing about self-efficacy in 1977, described several sources of our belief that we can do something: watching people like us succeed, being encouraged, how calm or tense we feel. The most powerful source, he argued, is our own experience of actually doing it.

Put those two ideas together and you have the method of this workbook: **do small things the new version would do, and write them down so your mind can't overlook them.**

Why you write it down

Your attention was trained by your old sentence, so it's very good at noticing what fits and quick to forget what doesn't.

Imagine two women living the same week. Both spoke up twice, skipped the gym once and got through a hard conversation. One writes nothing down, and by Sunday what she remembers is the missed workout. The other has three lines in a notebook. Same week. Different file.

The evidence audit

List three pieces of evidence your mind uses for your current sentence, and mark each one: camera or conclusion? Then note any evidence you already have for a new sentence.

EVIDENCE MY MIND USES	CAMERA OR CONCLUSION?

Evidence I already have for a new sentence

WHAT TO KEEP

- **Belief usually comes after evidence.** A new sentence gets built the way the old one was: through repetition.
- **Affirmations point a direction.** Evidence is what makes the new sentence believable.
- **We read ourselves from our actions,** and doing it yourself is the strongest source of belief.
- **Write it down,** because your attention was trained by the old sentence.

CHAPTER

03

Choose who is operating

"You can't act on an adjective. You can act on a Tuesday."

INSIDE · SPECIFIC, NOT FANTASTIC · THE SELVES YOU MIGHT
BECOME · FOUR EXAMPLES · THE PRICE

Every day, some version of you is making the decisions. The question is whether you chose her, or whether she’s simply the one who has been there longest.

Most of us carry a picture of who we’d like to be. The trouble is that the picture is made of adjectives. Confident. Calm. Abundant. Disciplined. At peace.

There’s nothing wrong with wanting those. But you can’t act on an adjective, and your mind can’t check one. At the end of the day, did you “be confident”? You won’t know. And when you don’t know, the old sentence answers for you.

Specific, not fantastic

A useful description is one a camera could check. The test: **if a stranger watched a recording of your day, could they tell whether you did it?** If not, translate it.

INSTEAD OF	TRY
"I'm confident."	I answer messages the same day. I say my rate out loud without apologizing.
"I'm disciplined."	I start the main task before I open my email.
"I'm calm."	When I'm criticized, I take one breath and ask a question before I answer.
"I'm abundant."	I know what I spent this week. I charge my full rate.
"I'm worthy of love."	I say what I need in the first month, not the sixth.
"I have boundaries."	I say "I can't this week" without three paragraphs of reasons.

The right column isn't a smaller dream. It's the same wish, made usable.

The selves you might become

In 1986, the psychologists Hazel Markus and Paula Nurius wrote about possible selves: the ideas we carry about who we might become, who we hope to become, and who we're afraid of becoming. They proposed that these images do real work. They give us something to move toward, something to move away from, and a way of judging how we're doing now.

You already carry these pictures, and the feared one often steers louder. "I don't want to end up like my aunt, alone and bitter." The feared self tends to be vivid. The hoped-for self tends to be blurry.

Choosing who is operating means doing for your hoped-for self what fear already did for the other one: making her concrete enough to recognize on an ordinary day. Three rules help.

- **Near, not far.** A few weeks or months ahead. "The woman who sends the proposal" is more useful this month than "the woman who owns a company."
- **Yours, not borrowed.** Not your sister's life or an influencer's routine. If nobody ever saw it, would you still want it?
- **Behavioral, not decorative.** Three to five behaviors a camera could record. Enough to recognize her, few enough to remember.

Four examples

Here's what a full description can look like, using four of the five loops. These are illustrations, not real people.

The Not-Yet Loop: “I’m someone who’s never quite ready.”

She is someone who ships before she feels ready. **In behavior:** I publish one piece of work a week, even if I’d still change it. I set the date before I feel prepared. I ask for feedback on something unfinished.

The Invisible Loop: “Nobody really sees me.”

She is someone who lets herself be seen. **In behavior:** I give my opinion in the group chat. I tell my manager what I finished this week. I say what I want for my birthday instead of “anything is fine.”

The Abandonment Loop: “In the end, everyone leaves.”

She is someone who stays steady when people feel distant. **In behavior:** when a reply is slow, I don’t send a second message. I plan my evening without waiting for his text. I say what I need directly, once.

The Proof Loop: “I’ll believe it when I see it.”

She is someone who acts first and checks results later. **In behavior:** I take one step a week before I know how it will turn out. I write down what happened, not what I predicted. I give a new habit four weeks before I judge it.

Name the price

Here's what most self-concept content skips: every new version costs something. Often the price is the real reason you keep postponing her.

- **Habits.** The version who's in bed by 11 loses the late-night scrolling that was her only time alone. She'll need that time somewhere else, or she'll quietly take it back.
- **Roles.** The version who says no is no longer "the one who always helps." Some people liked that role, and they may push back.
- **Comfort.** The version who sends her work out loses the safety of "it would be good if I ever finished it." Unfinished work can't be rejected.
- **Protection.** "I'm bad with money" also quietly means "nobody can expect me to handle it." Letting go of a sentence can mean letting go of a shelter.

Name the price ahead of time, because the bill usually arrives in the second or third week. If you didn't expect it, you'll read it as a sign this isn't working. If you named it, you'll recognize it: "Ah. This is the price."

A USEFUL CHECK

If you can't name any price, the version you chose is probably too vague, or not really new. And you're allowed to decide that a price is too high this month. That's a choice, not a failure. Choose a version whose price you're willing to pay now.

Describe her

One sentence, three behaviors a camera could record, and her price.

I'm someone who...

What she does, in behavior

Her price: one habit, one role, one comfort

WHAT TO KEEP

- **You can't act on an adjective.** Translate it into behavior.
- **Possible selves already steer you.** Make yours concrete.
- **Near, yours, behavioral:** three to five behaviors.
- **Name the price** before it arrives.

CHAPTER

04

Act before the proof

"Becoming a different version of yourself starts long before anyone else can see the results."

INSIDE · THE SMALLEST VERIFIABLE ACTION · WHEN BUSY IS A
HIDING PLACE · IF-THEN PLANS · THE DISSONANCE WINDOW

Here’s the part nobody loves: you’ll have to act like her before you have any proof that you are her.

The Proof Loop says, “I’ll believe it when I see it.” It sounds reasonable. It’s actually a lock. If you only act after you see proof, and proof only comes from acting, you never see it.

Acting first isn’t pretending. It’s how the evidence gets made.

The smallest verifiable action

From week three on, you’ll choose one smallest verifiable action each day. It has to pass three tests.

- ☐ **Small.** You could do it on a bad day, tired, in under fifteen minutes.
- ☐ **Verifiable.** A camera could record whether it happened. Yes or no, with no “sort of.”
- ☐ **Hers.** It’s something the version you’re choosing would do, rather than one more chore.

TOO BIG OR TOO VAGUE	SMALLEST VERIFIABLE ACTION
Be more confident at work.	Share one idea in the 10 a.m. meeting.
Sort out my finances.	Write today’s balance on a sticky note.
Start my business.	Ask one person if they’d pay for my offer.
Love myself more.	Eat lunch sitting down, phone in another room.
Get fit.	Walk to the end of the street and back.
Stop overthinking texts.	Send the message after one read-through.

Small is not a compromise. Big actions depend on your mood. Small ones survive bad days, and a version of you that only shows up on good days isn’t a version yet.

When busy is a hiding place

Sometimes, staying busy is just another form of self-sabotage.

You can fill a whole day with movement and never touch the one action that matters. You reorganize folders, research another course, answer every email except the important one. It feels productive. Often it's avoidance with a to-do list.

The tell: at the end of the day you're tired, and nothing that scared you happened.

Around midday, ask one question: **"Have I done the one thing yet?"** If not, do it next. Even badly. Especially badly.

Rest is different. Rest is chosen, and it restores you. Busyness is usually a way of not feeling something. You'll know which one it was by how you feel afterward.

If-then: a plan for the moment you usually fold

Good intentions tend to lose in the exact moment they're needed. The meeting moves fast, the text arrives, you're tired. The old sentence is strongest right there, because it's automatic and you're not.

The psychologist Peter Gollwitzer studied what he called implementation intentions, better known as if-then plans. In 2006, he and Paschal Sheeran reviewed close to a hundred tests of the idea and found that people who made if-then plans were more likely to

follow through on their goals than people who only set the goal. You make the decision in advance, so you don't have to make it when the old sentence is loudest.

The format: **If [a specific situation], then I will [a specific small action].**

- If I open my laptop in the morning, then I write for ten minutes before I open my email.
- If someone asks me for a favor this week, then I say "Let me check and get back to you" before I say yes.
- If I've reread a message more than twice, then I send it.
- If he hasn't replied by the evening, then I put my phone in another room and call a friend.
- If it's Monday at 9 a.m., then I open my banking app.

Name a cue you'll actually notice. "If I feel unmotivated" is too vague. "If I'm still on the sofa at 7:30" is a cue.

The dissonance window

The first few times you act as the new version, it will probably feel fake, like wearing someone else's coat. A voice will ask, "Who do you think you are?"

Psychologists call the discomfort of holding two ideas that don't fit together cognitive dissonance, a term from Leon Festinger in the 1950s. Here, "I'm someone who stays quiet" and "I just spoke up" are in the same room for the first time. You may feel exposed and shaky, with a strong urge to apologize, explain, or undo it: delete the post, send the "never mind."

That discomfort isn't a sign you're on the wrong path. It's the system working. Your old sentence is being contradicted by real evidence, maybe for the first time in years. Of course it protests.

- **Expect it,** the way you'd plan for rain.
- **Name it:** "This is the dissonance window." Naming it gives you a little space.
- **Keep the action small enough to finish anyway.**
- **Log the fact, not only the feeling.** "I felt like a fraud" can go in the margin. "I sent the invoice" goes in the log.

With repetition, the window usually gets quieter, though not on a fixed date or at the same pace for everyone. And for a while you may be the only one who notices any change. That's normal. You're the first witness.

Your first plans

Think of three moments where you most often fold back into the old sentence. Turn each one into an if-then plan with a cue you'll actually notice. Then choose tomorrow's smallest verifiable action.

IF...	THEN I WILL...

Tomorrow's smallest verifiable action

WHAT TO KEEP

- **Act before the proof.** Evidence gets made by acting first.
- **The smallest verifiable action** is small, verifiable and hers.
- **Busy can be a hiding place.** At midday, ask: "Have I done the one thing yet?"
- **If-then plans** move the decision out of the moment where the old sentence is strongest.
- **Feeling fake is the dissonance window.** It means the system is working.

CHAPTER

05

How to write one entry

"A feeling of progress fades by Thursday. A written fact is still there on Sunday."

INSIDE · THE FORMAT · FIVE RULES · TEN ENTRIES, CORRECTED ·
WHEN YOU CAN'T FIND ANYTHING

An entry has two parts. The first is a fact. The second is what that fact proves. That's all.

It sounds almost too simple. But most people get it slightly wrong at first, in ways that quietly weaken the whole log. This chapter is about getting it right, so your thirty pages actually convince you of something.

The format

ONE ENTRY

Today's evidence: something you did today that a camera could have recorded.

What this proves about who I'm becoming: one modest sentence, starting with "I'm someone who..." or "I'm becoming someone who..."

FIVE RULES

1. **Evidence is an action, not a feeling.** "I felt more confident today" is a report on your mood. "I asked for the window seat" is evidence.
2. **Evidence is something you did.** Luck, compliments and good news are lovely, but they happened to you. How you responded to them can be evidence.
3. **Small is allowed.** Small is the point.
4. **The proof matches the size of the fact.** One fact supports one modest sentence. If the proof is bigger than the fact, your mind will argue with it.
5. **Use "becoming" when "am" feels too big.** It's honest, and it still points the right way.

Ten entries, corrected

Here are ten entries the way people often write them at first. A few are fine as they are. Most need a small fix. All of them are illustrations.

1. “Today was a good day. I felt really aligned.”

What’s off: there’s no fact here, only a mood. Good days count, but they don’t prove anything until you find what you did. **Rewrite:**

Evidence: I walked for twenty minutes before work, as I’d planned last night. Proves: I’m becoming someone who keeps the plans she makes with herself.

2. “Evidence: I told my sister I can’t host Sunday lunch this month. Proves: I’m someone who can say no to family without a long explanation.”

What works: one specific action that a camera could have recorded, and a proof sentence exactly the size of the fact. Keep it as it is.

3. “My boss praised my report in front of everyone.”

What’s off: that was her action, not yours. Lovely, but it isn’t evidence about who you’re becoming. **Rewrite:** Evidence: I sent the report on Tuesday, a day early, without rereading it a fifth time. Proves: I’m someone who finishes and lets go.

4. “I didn’t text him.”

What’s off: not doing something can count, but only when it was a real choice in a specific moment. As written, it’s vague, and it keeps your attention on him. **Rewrite:** Evidence: at 9 p.m. I wanted to send a second message. I put my phone in the drawer and ran a bath. Proves: I’m becoming someone who can sit with not knowing.

5. “Evidence: I wore the red dress to dinner. Proves: I’m completely confident now!”

What’s off: the fact is great; the proof is inflated. Your mind will remember the three times you tugged at the hem. **Rewrite the proof:** I’m becoming someone who wears what she likes, even when she’s nervous.

6. “Evidence: I opened my banking app and wrote down the balance: \$412. Proves: I’m someone who looks at her numbers, even when they’re low.”

What works: it includes the uncomfortable part instead of hiding it. Evidence doesn’t have to look good. It has to be true.

7. “I worked on my business all day.”

What’s off: busy is not evidence. Which action did the version you’re choosing take? **Rewrite:** Evidence: I sent my price list to the two people who asked about it last month. Proves: I’m someone who follows up.

8. “I was going to speak up and I chickened out again. I’m hopeless.”

What’s off: this is the old sentence writing the entry. The setback is real; “hopeless” is a story, and chapter six shows what to do with it.

Rewrite: look for what else you did. Evidence: after the meeting, I emailed my idea to my manager. Proves: I’m someone who finds another way to be heard.

9. “Evidence: my order came wrong and I asked the waiter to change it. Proves: I’m someone who says what she wants, even in small things.”

What works: it’s ordinary. Most of your identity gets built in moments exactly this size.

10. “Evidence: I did my visualization this morning. Proves: I’m wealthy.”

What’s off: the practice is real evidence, but of something else. The fact proves consistency, not money. **Rewrite the proof:** I’m someone who shows up for her practice every morning. That’s worth proving, and it’s true.

When you can’t find anything

Some evenings you’ll think: nothing happened today. Ask three questions. What did I do that the old version wouldn’t have done? What did I repeat? What did I choose not to do, in a specific moment?

If there’s still nothing, write the smallest true thing. “I opened this workbook and wrote” is evidence that you’re someone who comes back. In week one, noticing the old sentence at work counts too. True is what you’re collecting.

EXERCISE 5.1

10 MINUTES

Three entries from last week

Think back over the last seven days. Find three moments where you acted, even slightly, like the version you’re choosing. Write each one in the format, then check every proof sentence: is it the same size as the fact?

EVIDENCE	WHAT IT PROVES

WHAT TO KEEP

- **One entry is one fact plus one modest proof sentence.**
- **Evidence is an action you took**, something a camera could have recorded.
- **Match the proof to the size of the fact.** Use “becoming” when you need to.
- **Uncomfortable facts still count.** True beats pretty.

CHAPTER

06

When reality says no

"Sometimes the thing holding you back isn't your circumstances, but the way you've learned to respond to them."

INSIDE · CONTRARY EVIDENCE · CAMERA, THEN STORY · WHEN THE
STORY IS TRUE · A LITTLE DISTANCE

At some point in the next thirty days, something won't go the way you wanted. Let's prepare for that now, while you're calm.

You'll speak up and be talked over. You'll send the pitch and hear nothing. You'll miss three days of this log. And the old sentence will be waiting, arms crossed: "See? This is who you really are."

Contrary evidence still goes in the log

It's tempting to record only the good days. Don't. A log of wins only becomes another affirmation: pretty, and not very convincing, because your mind knows what you left out. Record what happened honestly. Then ask: **"What did I do, and what does that actually prove?"**

Camera first, then story

This is where the two columns from my Fact vs. Story lesson earn their place. A fact is whatever a camera would have recorded. A story is everything added on top: the reason, the intention, the meaning, the conclusion about you.

Say you sent your portfolio to three design studios and nobody answered.

CAMERA	STORY
Three emails sent on Monday. No replies by Friday.	Nobody wants my work. I'm not good enough. I knew this would happen.

Look at the camera column again. It holds evidence for the new version: **she sent three emails**. The silence is the world's response, and the camera can't record why. They might be busy, or not hiring this month. You don't know, and very often nobody does.

So the entry becomes: Evidence: I sent my portfolio to three studios. Proves: I'm someone who puts her work out without a guarantee. And one practical line underneath: follow up with one of them next Wednesday.

Another possible story

Once the camera column is clear, write one more story: another explanation that fits the same facts just as well. This isn't lying to yourself, and it isn't forced positivity. It's noticing that the first story was never the only one available.

CAMERA	OLD STORY	ANOTHER POSSIBLE STORY
I said I was uncomfortable, and he was quiet for the rest of the evening.	Speaking up ruins everything.	He didn't like hearing it. I said it anyway. I'll see what he does with it.
I missed Days 9, 10 and 11.	I never finish anything.	I stopped for three days, and today I wrote Day 12.
I asked for a raise and they said not this year.	I'm not valued here.	I asked. Now I know their answer and their timeline, and I can decide what I do next.
I posted my work and it got four likes.	Nobody cares.	Four people responded. The post exists, and I didn't delete it.

When the story is true

Sometimes the story is true, or partly true. The studio says your style isn't what they want. The relationship really is over. That's still usable. A true no is information about this attempt, this person, this moment, not a verdict on your identity.

And if the same no keeps coming, change the action and keep the direction. Make it smaller, try a different door, or ask someone for honest feedback. The version you're choosing doesn't change because one route is closed.

THIS MATTERS

Some nos have nothing to do with you at all: an illness, a layoff, the economy, someone else's choices, unfair treatment because of who you are. You did not create those, and they are not your "manifestation." This work acts on your interpretation and your response, never on blame. **You can be responsible for what you do next without being responsible for what happened.**

Listen for always and never

After a setback, the old sentence reaches for big words. One no becomes "nothing ever works for me." One missed day becomes "I always quit." Go back to the camera. It recorded one occasion, maybe two. It cannot record a lifetime.

A little distance helps

When something stings, we tend to zoom in and replay it, and the voice in our head gets harsher. The psychologist Ethan Kross, in his book *Chatter* (2021), writes about self-distancing: small shifts in perspective that help you step back and see your situation more clearly. Three simple ways:

- **Use your name, or “you.”** Instead of “Why do I always mess this up?”, try “Ana, you sent the emails. That was the hard part.” Kross and his colleagues found that talking to yourself this way, as you would to someone else, tends to make stressful moments easier to handle.
- **Zoom out in time.** Ask: “How will I see this a year from now?”
- **Advise a friend.** Ask: “If my best friend told me this, what would I say to her?” Then say it to yourself.

You’ll practice the first one on Day 26.

Your setback plan

Write it now, before you need it. Pick a recent setback, small or medium, not your hardest one. Fill in the three columns, and look for the action hiding inside the camera column.

CAMERA	OLD STORY	ANOTHER POSSIBLE STORY

If I hear myself say always or never after a setback, then I will...

WHAT TO KEEP

- **Contrary evidence goes in the log.** Honest beats pretty.
- **Camera first, then story.** Look for the action inside the setback.
- **Another possible story isn't a lie.** It's another explanation that fits the same facts.
- **A no is about this attempt, not your identity.** And some nos aren't about you at all.
- **Distance helps:** your name, a year from now, a friend's advice.

CHAPTER

07

Small and repeated beats big and rare

*"Your mind can argue with one fact. It struggles
to argue with a pattern."*

INSIDE · WHY RARE WINS DON'T STICK · MICRO-EVIDENCE · HOW
LONG IT REALLY TAKES · THIRTY DAYS IS A START

One brave day feels like a turning point. Then Monday arrives.

You know this pattern. The retreat weekend, the January plan, the one huge leap. In the moment it feels like everything changed. Two weeks later, life looks a lot like it did before.

That's not because you're weak. It's because one big data point is easy for the old sentence to explain away. "That was a one-off." "I was in a good mood." "That wasn't really me." Twenty small ones are much harder to dismiss.

What micro-evidence looks like

Micro-evidence is the tiny, repeatable proof that you're becoming someone. On its own, each piece looks like nothing.

- ☐ Replying to a message the same day.
- ☐ Saying "I'd prefer..." instead of "I don't mind."
- ☐ Following up once.
- ☐ Going to bed when you said you would.

Do any of these twenty times and something shifts. Not because any single one mattered, but because you've built a pattern, and identity is mostly a pattern. "I'm someone who..." is really a summary of "I reliably do..."

Same action, again

At the start, repetition beats variety. Choose one or two repeat actions and tie each to a moment that already happens: after you brush your teeth, when you sit down at your desk. Same cue, same action, most days.

How long does it take?

You've probably heard that it takes 21 days to form a habit. There's no good evidence for that number.

A study that's often cited instead was published in 2010 by Phillippa Lally and her colleagues at University College London. Volunteers chose a simple eating, drinking or exercise behavior, such as drinking a bottle of water with lunch, and did it in the same situation each day while reporting how automatic it felt.

The median time for the behavior to get close to its peak level of automaticity was about 66 days. But the range was wide: from 18 days to estimates of more than 250, depending on the person and the behavior. They also found that missing a single day didn't seriously set the process back.

Two honest notes. That study measured habits, not self-concept: close relatives, not the same thing. And the numbers varied a lot between people, so nobody can tell you exactly how long yours will take.

SO, ABOUT THE 30 DAYS

Thirty days is **a start, not a finish line**. You may not feel like a different person on Day 30, and that isn't failure. If you keep writing, what you will have is thirty days of evidence in your own handwriting, which is more than most people ever collect about themselves. That's the foundation you keep building on.

Missing a day doesn't erase a pattern

A missed day is a fact. "I always quit" is a story. The most important day in this log isn't Day 1 or Day 30. It's the day after you miss one, when you come back.

EXERCISE 7.1

10 MINUTES

Choose your repeat actions

Choose one or two behaviors from Exercise 3.1 you could repeat on most days. Tie each to a moment that already happens, and write its bad-day version: the smallest form you'd still count.

THE ACTION	WHEN AND WHERE	BAD-DAY VERSION

WHAT TO KEEP

- **One big moment is easy to explain away.** A pattern isn't.
- **Identity is mostly a summary** of what you reliably do.
- **Repeat the same small action** in the same moment of your day.
- **Habits took a median of about 66 days** in Lally's study, with a very wide range. Thirty days is a start.
- **Coming back after a missed day** matters more than never missing.

CHAPTER

08

How to use the 30 days

*"Five minutes a day. One fact a day. Thirty days,
or close enough."*

INSIDE · THE FOUR WEEKS · A DAY IN THE LOG · DAY 0 AND THE
REVIEWS · WHEN YOU MISS A DAY

Part two is thirty pages, one for each day. Each one takes five to ten minutes. Here’s how they fit together.

The shape of the month

WEEK	WHAT IT’S FOR	WHAT YOU’LL DO
Week 1 · Notice	Seeing your current sentence at work	Catch where the old sentence decides, what it collects and what you postpone.
Week 2 · Choose	Making the version you’re choosing concrete	Describe her in behavior, name her price, and make small choices as her.
Week 3 · Act	Acting before the proof	Name one smallest verifiable action each morning. Record what happened each night.
Week 4 · Collect	Gathering and reading back your evidence	Collect several entries a day, handle the nos, and write the sentence your log supports.

In week one you don’t need to change anything yet. You notice, and your evidence can be very small. In week two you choose. In week three you act. In week four you collect and read back what you’ve built.

Two lines stay the same on every page, from Day 1 to Day 30: **Today’s evidence** and **What this proves about who I’m becoming**. Even when the prompt doesn’t speak to you, those two don’t get skipped.

A day in the log

Morning, one or two minutes. Read the day’s prompt so it can work in the background. In week three, write your smallest verifiable action.

Evening, five to eight minutes. Answer the prompt. Write today's evidence. Write what it proves.

If it's taking thirty minutes, you're writing an essay. Shorten it. The log works because it's light enough to keep doing.

Day 0 and the reviews

Before Day 1, fill in the two baseline pages: your current sentence, the version you're choosing, her price, and a quick 1 to 10 rating on eight statements. The ratings aren't a test or a clinical measure of anything. They're a snapshot, so that on Day 30 you can compare yourself with yourself, and with nobody else.

After Days 7, 14 and 21 there's a short review page. After Day 30 there's a full review: you'll re-rate the baseline, look at what changed in your behavior, and write the new sentence your evidence supports.

When you miss a day

- **Don't wait for a clean Monday.** Restarting on a "perfect" day is the Not-Yet Loop in disguise. Come back today.
- **Pick up where you are.** Turn to the next page, or do the missed prompt today. Both are fine.
- **Don't invent entries from memory.** If you clearly remember real evidence from a missed day, write it and mark it "from yesterday."
- **Write one line about the gap.** "Missed three days. Back." That line is evidence too: you're someone who returns.

Keep the log private, and don't compare it with anyone else's. If something painful comes up while you write, slow down and be as kind to yourself as you would be to a friend. If it's heavier than a workbook can hold, read "When this is not the right tool" near the end.

Ready to begin

Tick what's done before you turn to Day 0.

- ☐ I found my current sentence (Exercise 1.1).
- ☐ I described the version I'm choosing and named her price (Exercise 3.1).
- ☐ I wrote my first if-then plans (Exercise 4.1).
- ☐ I know what I'll do after a setback (Exercise 6.1).
- ☐ I chose my repeat actions (Exercise 7.1).
- ☐ I picked a time of day for the log.

My log time, and where I'll keep this workbook

WHAT TO KEEP

- **Four weeks:** Notice, Choose, Act, Collect.
- **Five to ten minutes a day.** Light enough to keep doing.
- **Today's evidence and what it proves** go on every single page.
- **Missing a day is a fact.** Coming back is the evidence.

PART TWO

The 30 days

One page a day. One fact a day. Start with Day 0, write in pen, and be honest. Nobody is grading this, and nobody needs to see it but you.

Day 00

BASELINE

Where are you starting from? Write it plainly. This page is only for you.

MY CURRENT SENTENCE

WHERE IT SHOWS UP MOST: PEOPLE, PLACES, MOMENTS

THE VERSION I'M CHOOSING: I'M SOMEONE WHO...

WHAT SHE DOES, IN BEHAVIOR A CAMERA COULD RECORD

TODAY'S DATE

Day 00

BASELINE · CONTINUED

Name her price. Then take a snapshot of today.

THE PRICE: ONE HABIT, ONE ROLE, ONE COMFORT

Rate each statement from 1 (not true of me at all) to 10 (completely true of me today). Go with your first answer. This is a personal snapshot to compare with on Day 30, not a clinical measure.

STATEMENT	1 TO 10
I act on what I want before I feel completely ready.	
I keep the small promises I make to myself.	
I can describe the person I'm becoming in concrete behavior.	
I notice evidence of my progress, not only my mistakes.	
When something goes wrong, I can separate what happened from what I concluded about myself.	
I say what I want or need, even when it feels uncomfortable.	
When I feel uneasy, I stay with the important thing instead of escaping into busyness.	
I believe the sentence I hold about myself can change.	

Day 01

WEEK 1 · NOTICE

Where did your current sentence make a decision for you today?

Look for one small moment: a message you didn't send, a yes you didn't mean, a seat you chose at the back. Describe it the way a camera would.

THE MOMENT

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 02

WEEK 1 · NOTICE

What did you postpone today, and what reason did you give yourself?

Write the reason word for word, the way it sounded in your head. Then underline any part of it a camera couldn't record.

WHAT I POSTPONED

THE REASON, WORD FOR WORD

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 03

WEEK 1 · NOTICE

Pick one moment from today that stung a little. Split it into camera and story.

Camera: only images, sounds and actions. Story: every reason, intention and conclusion you added, especially the ones about you.

CAMERA

STORY

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 04

WEEK 1 · NOTICE

What did your attention collect today that agrees with your old sentence? And what did it walk past?

List three things it collected. Then look again for one thing that happened today and didn't fit the old sentence at all.

WHAT IT COLLECTED

WHAT IT WALKED PAST

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 05

WEEK 1 · NOTICE

Who in your life expects the old version of you, and how do you play along?

Think of one person and one specific habit between you: the joke, the favor, the role you take at family dinners. No blame here, only noticing.

THE PERSON, THE ROLE, AND HOW I PLAY ALONG

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 06

WEEK 1 · NOTICE

When did you stay busy today instead of doing the one thing that mattered?

Busy isn't the same as rest. Look for movement that felt productive and kept you away from something uncomfortable.

THE BUSY

WHAT IT KEPT ME AWAY FROM

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 07

WEEK 1 · NOTICE

If a stranger watched a recording of your whole day, what would they say you believe about yourself?

Answer only from what they could see: where you went, what you said, what you did first and what you never got to.

WHAT THE RECORDING SHOWS

WHAT THEY WOULD CONCLUDE

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Review

END OF WEEK 1 · NOTICE

Read your seven pages before you write anything. Don't fix anything yet.

THE MOMENT THE OLD SENTENCE SHOWED UP MOST CLEARLY

WHERE IT SHOWS UP MOST: PEOPLE, PLACES, TIMES OF DAY

WHAT MY ATTENTION KEPT COLLECTING

THE STRONGEST EVIDENCE FOR THE NEW VERSION

ONE THING I WANT TO CHOOSE DIFFERENTLY NEXT WEEK

Day 08

WEEK 2 · CHOOSE

Describe one ordinary morning in the life of the version you're choosing. Only what a camera would see.

What time she gets up, what she does first, what she doesn't touch.

Ordinary is the point. Fantasy is easy; a Tuesday is useful.

HER MORNING

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 09

WEEK 2 · CHOOSE

Take one quality you want to have and translate it into three behaviors a camera could record.

“Confident” could become: I answer the same day, I say the number out loud, I ask my question without apologizing first.

THE QUALITY

THREE BEHAVIORS

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 10

WEEK 2 · CHOOSE

What will this version cost you? Name one habit, one role and one comfort she would give up.

If nothing comes up, your description is probably too vague, or not really new. Every real change has a price.

ONE HABIT · ONE ROLE · ONE COMFORT

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 11

WEEK 2 · CHOOSE

Which feared version of you is quietly steering your choices?

Describe her in behavior, the same way you described the version you want. Then notice whether any of today's choices were really about running away from her.

THE VERSION I'M AFRAID OF BECOMING

TODAY, WAS I MOVING AWAY FROM HER, OR TOWARD THE ONE I WANT?

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 12

WEEK 2 · CHOOSE

Find one small choice you faced today. What did the new version choose?

Small counts: the reply, the seat, the second helping, the honest answer to “How are you?” Write what you actually chose, even if it was the old choice.

THE CHOICE, AND WHAT I CHOSE

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 13

WEEK 2 · CHOOSE

What would she stop explaining, apologizing for, or asking permission for?

List what comes up. Then pick one and drop it for a day: one less “sorry,” one less paragraph of reasons.

HER STOP LIST

THE ONE I DROPPED TODAY

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 14

WEEK 2 · CHOOSE

Write the version you're choosing as five "I" sentences that a camera could check.

Start each one with a verb you can see: I answer, I ask, I post, I leave, I say. Keep this page close. Week three is built on it.

FIVE SENTENCES

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Review

END OF WEEK 2 · CHOOSE

Read Days 8 to 14. Then describe her in one short paragraph.

THE VERSION I'M CHOOSING, IN ONE PARAGRAPH

THE PRICE I'VE AGREED TO PAY

A PRICE I'M NOT READY TO PAY YET (HONEST BEATS BRAVE)

THE STRONGEST EVIDENCE FROM THIS WEEK

MY SMALLEST VERIFIABLE ACTION FOR DAY 15

Day 15

WEEK 3 · ACT

What is the smallest action today that the version you're choosing would take without a second thought?

Small enough for a bad day, clear enough that a camera could record yes or no, and hers rather than another chore.

THIS MORNING: MY SMALLEST VERIFIABLE ACTION

TONIGHT: WHAT HAPPENED, CAMERA ONLY

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 16

WEEK 3 · ACT

Write one if-then plan for the exact moment you usually back down.

Name a cue you'll actually notice: a time, a place, something someone says. "If my manager asks who wants to present, then I say 'I will' before I think."

IF... THEN I WILL...

TONIGHT: DID THE MOMENT COME? WHAT HAPPENED?

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 17

WEEK 3 · ACT

Do one thing today before you feel ready. How did it feel during, and how did it feel an hour later?

This is the dissonance window. Feeling fake doesn't mean you're on the wrong path. Write the feeling, then write the fact.

WHAT I DID

DURING, AND AN HOUR LATER

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 18

WEEK 3 · ACT

Say one true thing out loud that the old version would have kept to herself.

A preference, a price, a no, a “that hurt,” an idea in the meeting. One sentence is enough.

THIS MORNING: WHAT I MIGHT SAY, AND TO WHOM

TONIGHT: WHAT I SAID, AND WHAT HAPPENED

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 19

WEEK 3 · ACT

Ask for one thing today: help, feedback, a favor, a discount, a date, a raise.

The ask is the evidence. The answer belongs to the other person. A no still counts as an ask.

THIS MORNING: WHAT I'LL ASK FOR, AND WHO

TONIGHT: WHAT HAPPENED, CAMERA ONLY

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 20

WEEK 3 · ACT

Where did the old sentence try to talk you out of it today? Write its exact words.

It rarely shouts. It negotiates: “just this once,” “you’re tired,” “tomorrow is better.” Once you know its script, it’s easier to hear.

THIS MORNING: MY SMALLEST VERIFIABLE ACTION

WHAT THE OLD SENTENCE SAID

TODAY’S EVIDENCE

WHAT THIS PROVES ABOUT WHO I’M BECOMING

Day 21

WEEK 3 · ACT

Repeat one action from earlier this week, on purpose.
What was different the second time?

Same action, new day. Notice what was easier, what was still hard, and how long the urge to undo it lasted.

THE ACTION I REPEATED

WHAT WAS DIFFERENT

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Review

END OF WEEK 3 · ACT

Read Days 15 to 21 and list every action you actually took, however small.

EVERY ACTION I TOOK THIS WEEK

THE ONE THAT FELT MOST FAKE, AND WHAT HAPPENED ANYWAY

WHICH IF-THEN PLAN WORKED, AND WHICH NEEDS REWRITING

THE STRONGEST EVIDENCE FROM THIS WEEK

WHAT I'LL KEEP REPEATING IN WEEK 4

Day 22

WEEK 4 · COLLECT

Collect three pieces of evidence from today, however small. Each one has to be something a camera could record.

Look at the morning, the afternoon and the evening separately. Small, ordinary and repeated all count.

TODAY'S EVIDENCE, THREE ENTRIES

WHAT THIS PROVES ABOUT WHO I'M BECOMING

WHICH OF THE THREE WAS HARDEST TO NOTICE?

Day 23

WEEK 4 · COLLECT

What didn't go your way today? Write it as camera, story, and one other possible story.

The other story isn't a pretty lie. It's another explanation that fits the same facts just as well.

CAMERA

THE OLD STORY

ANOTHER POSSIBLE STORY

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 24

WEEK 4 · COLLECT

Go back to Days 1 to 7. Which of those old moments would go differently now?

Choose one. Write what would happen now, in behavior. If the honest answer is “the same,” write that too, and why.

THE MOMENT, THEN AND NOW

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 25

WEEK 4 · COLLECT

Has anyone noticed something different about you? What did they actually say or do?

If no one has, that's normal. Becoming a different version of yourself starts long before anyone else can see the results. In that case, write what you've noticed.

WHAT WAS NOTICED, AND BY WHOM

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 26

WEEK 4 · COLLECT

Write about today in the third person, using your own name.

"Today, Maya sent the invoice and didn't apologize for it." A little distance often makes the facts easier to see, and kinder to read.

TODAY, IN THE THIRD PERSON

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 27

WEEK 4 · COLLECT

What felt almost normal today that felt forced on Day 15?

Look for the action that no longer needs a pep talk. That shift is quiet, and easy to miss if you don't write it down.

WHAT FEELS MORE NORMAL NOW

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 28

WEEK 4 · COLLECT

Which entry in this log do you trust the most? Why does it convince you?

Often it's the one where you did something hard and nothing dramatic happened. Copy it here, word for word.

THE ENTRY, COPIED

WHY IT CONVINCES ME

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 29

WEEK 4 · COLLECT

Write three sentences to the woman who filled in Day 0.

Tell her what you know now that she didn't. Use facts from this log, not promises.

DEAR ME, ON DAY 0

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 30

WEEK 4 • COLLECT

Read every entry from Day 1 to today. What sentence about yourself does this evidence actually support?

Not the most beautiful sentence. The one a fair judge would sign after reading your log. You'll use it in the review.

THE SENTENCE THE EVIDENCE SUPPORTS

THREE ENTRIES THAT PROVE IT (DAY NUMBERS)

TODAY'S EVIDENCE

WHAT THIS PROVES ABOUT WHO I'M BECOMING

Day 30

Re-rate the same eight statements. Rate first, then copy your Day 0 scores beside them.

STATEMENT	DAY 0	DAY 30
I act on what I want before I feel completely ready.		
I keep the small promises I make to myself.		
I can describe the person I'm becoming in concrete behavior.		
I notice evidence of my progress, not only my mistakes.		
When something goes wrong, I can separate what happened from what I concluded about myself.		
I say what I want or need, even when it feels uncomfortable.		
When I feel uneasy, I stay with the important thing instead of escaping into busyness.		
I believe the sentence I hold about myself can change.		

WHAT I NOTICE WHEN I COMPARE

If your behavior changed more than your numbers did, trust the behavior. Feelings can take longer to catch up.

Day 30

FULL REVIEW · 2 OF 2

What changed in what you actually do? Then write the sentence you're taking with you.

WHAT I DO NOW THAT I DIDN'T DO ON DAY 0 (CAMERA ONLY)

MY OLD SENTENCE, COPIED FROM DAY 0

MY NEW SENTENCE, THE ONE THE EVIDENCE SUPPORTS

WHAT'S NEXT: THE ACTIONS I KEEP REPEATING, AND ONE IF-THEN PLAN I'M KEEPING

After Day 30

You've finished the pages. You haven't finished becoming her, and that's exactly how it should be. A few ways to keep going:

- **Keep a lighter log.** One line a day, or three entries a week, in any notebook. Same format: the fact, then what it proves.
- **Keep your repeat actions.** If Lally's numbers are any guide, many habits are still settling in well after a month.
- **Read back on hard days.** Your log is now a file of proof. Open it when the old sentence gets loud.
- **Choose the next sentence when this one feels ordinary.** When the new sentence stops feeling like a stretch, pick another area of your life and start again from Day 0.

THE REST OF THE LIBRARY

The Evidence Log is Volume 03 of The Reality Blueprint Library, and the other two are free as well. Volume 01, *Fact vs. Story*, is a field guide to separating what happened from what you concluded about it. Volume 02, *The Five Loops*, looks at why your life keeps repeating itself and the five stories that keep the loop running.

If you haven't yet, take the free quiz "Which loop keeps repeating in your life?" at <https://iamhadassah.pages.dev#quiz>. And if the camera and story columns were new to you, the free lesson "Fact vs. Story" at <https://iamhadassah.pages.dev#lesson> walks you through them step by step.

And if you'd like to look at your loop with someone beside you, the last page explains how I work with people 1:1.

When this is not the right tool

This workbook is for ordinary stuckness: the patterns that repeat, the version of you that you keep postponing. It isn't a treatment for anything. If you're living with grief, trauma, depression, an eating disorder, abuse, or thoughts of harming yourself, please reach out to a qualified professional, such as a doctor, a licensed therapist or a counselor. You deserve real support, and you don't have to earn it with evidence.

If someone is hurting you, the problem is not your self-concept, and your safety comes first. If writing about yourself every day leaves you spiraling instead of steadier, put the log down and talk to someone you trust.

IF YOU ARE IN CRISIS

If you're ever in danger, or thinking about ending your life, please contact your local emergency number or a crisis line in your country right now. In the United States, you can call or text 988. In the UK and Ireland, Samaritans answer on 116 123. **You don't have to go through it alone.**

Further reading

A short list for the curious: the sources mentioned in this workbook, with a line on what each one is about.

1. Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84(2), 191-215. On self-efficacy and its sources, with your own experience of succeeding as the strongest.
2. Bem, D. J. (1972). Self-perception theory. In L. Berkowitz (Ed.), *Advances in Experimental Social Psychology* (Vol. 6, pp. 1-62). Academic Press. How we partly infer our attitudes from our own behavior.
3. Festinger, L. (1957). *A Theory of Cognitive Dissonance*. Stanford University Press. The discomfort of beliefs and actions that don't fit together.
4. Gollwitzer, P. M., & Sheeran, P. (2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes. *Advances in Experimental Social Psychology*, 38, 69-119. A review of the research on if-then plans.
5. Kross, E. (2021). *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*. Crown. On the inner voice and self-distancing.
6. Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998-1009. A median of about 66 days, with a wide range.
7. Markus, H., & Nurius, P. (1986). Possible selves. *American Psychologist*, 41(9), 954-969. Hoped-for and feared future selves, and how they guide behavior.

NEXT STEP

Work on your loop with me, 1:1

Thirty days of evidence will show you a lot. Some things are still easier to see with someone beside you: the sentence you've stopped hearing, the price you keep stepping around, the exact place where your loop closes every time.

My mentorship is 1:1 with me, online and in English, by application only. You apply, and I read every application myself. If it looks like a good fit, we have a short call to make sure. Then we map your loop together and work on it, session by session.

APPLY FOR MENTORSHIP