Thirty Days of Evidence

Clarity alone doesn't change a life; at some point something has to change in the doing. The brain trusts patterns it has witnessed more than promises it hopes to keep, so this page is a voting record — small actions, repeated, that pile up into new proof.

The story I'm contradicting (from the Finding your Thermostat Setting): _____

One modest behavior that votes against it — small enough to do on a tired day, in any mood, without inspiration: _____

The test: can I do this in under fifteen minutes? _____

Can I do it on my worst day this month? _____

If either answer is no, shrink it and rewrite: _____

Where the checkmark lives (calendar, sticky note on the bathroom mirror): _____

Thirty boxes: ☐☐☐☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐☐☐☐

When you miss a day — you will, I do — the rule is one sentence: a missed day is a data point, not a verdict. Note what got in the way and keep going: _____

At day thirty: what feels different, not about the task but about the story? _____

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