

THE 30-DAY PROOF JOURNAL

One line a day. Evidence beats motivation.

The whole engine from Prove It to Yourself, in printable form. Four steps: Shrink, Act, Bank, Repeat. This journal is the Bank.

YOUR LOOP, IN ONE SENTENCE

After _____, I will _____
_____ (finish the sentence)

THE RULES, AS SHORT AS THEY GET

- One line per day: date, act, done. Fifteen seconds.
- The act counts even when it is tiny. Tiny is the design.
- One missed day is a gap. Research says gaps are survivable.
- Never miss twice. Guard the second day, gently.
- Once a week, read the lines back. Records outvote moods.

MY TUESDAY, NINETY DAYS FROM NOW

An ordinary day, described only in things a camera could record. No traits, no ghosts.

WEEK 1: THE SILLY PHASE

Feeling silly here is normal. It is also temporary, and it is not a verdict. Verdicts live in the lines.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

WEEK 1 REFLECTION

What was the hardest day to start, and what got you through it?

WEEK 2: THE RECORD APPEARS

Read your lines back, out loud if you can. That is not a mood. That is a record.

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

WEEK 2 REFLECTION

What do the lines say about who you are becoming?

WEEK 3: THE QUIET STRETCH

Around now the quiet gets mistaken for failure. It is not failure. It is what working sounds like.

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

WEEK 3 REFLECTION

Has the act started growing on its own? Let it, and note it here.

WEEK 4: THE HANDOFF

Thirty lines is the finish line. Cross it, then keep the engine. It no longer needs the book.

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

WEEK 4 REFLECTION

You crossed the finish line. What does the record prove now?

THE REPAIR CARD

Write it now, while the engine runs. Read it on the stalled day.

MY FLOOR ACT (smaller than feels respectable):

MY RAIL, AND A BACKUP RAIL:

THE WEEK OF THE LOG TO REREAD FIRST:

ONE TRUE, KIND SENTENCE FOR THE STALLED DAY:

THE REPAIR ORDER, WHEN THE DAY COMES

- Diagnose: broken rail, task grew back, or life cost spike.
- Shrink smaller than feels respectable.
- Reattach the trigger to a rail that exists now.
- Bank one proof today. One, not five.
- Never miss twice. Gently.

You built this on ordinary days. It restarts on one.