

START YOUR PROGRESS LOG

Use this sheet to kickstart your evidence-gathering practice.

- 1** Choose a format for your progress log: digital or paper.
- 2** Set a daily reminder to log your small wins.
- 3** Include the date and a brief description of each win.
- 4** Review your log whenever doubt creeps in.
- 5** Celebrate your progress, no matter how small.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

☐

THU

☐

FRI

9

SAT

SUN

What I noticed this week:

Doubt can outtalk your feelings, but it cannot outtalk a page of dates.