



START BUILDING EVIDENCE TODAY

This sheet helps you take the first steps in creating evidence of your discipline.

- 1** Identify one small action that aligns with your goal.
- 2** Make sure the action can be completed in under ten minutes.
- 3** Complete the action before the end of the day.
- 4** Record the action as evidence of progress.
- 5** Review your evidence weekly to track your growing pattern.

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

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Your mind builds belief from the evidence you create.