



My Self-Trust Log

Every kept promise is a brick. This is where you keep the receipts.

1. Make it tiny

So small you cannot talk yourself out of it.

2. Keep it today

Then tick the box. That tick is the point.

3. Read it back

When the doubt says you never follow through.

DATE	THE PROMISE I MADE MYSELF	THE FAST ACTION I TOOK ANYWAY	KEPT
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