Unit 7.6: Builder Receipts Log - Identity Proof Tracking

≔ Components	Discussion Forum Reading Video Written Assignment
≡ Duration	Daily, 7 days
≡ Notes	Daily log: one action that proves builder word is real. 7 consecutive days, 60 seconds per entry. Creates behavioral evidence, not just affirmations
☑ SOU Evidence	☑
⊙ Section	Module 2
⚙ Status	Not Started
≡ Subsection	Evidence Building

Overview

Duration: 7 days (daily practice)

Components: Video, Reading, Written Assignment, Discussion Forum

This unit shifts identity work from affirmations to evidence by tracking daily behavioral proof for 7 consecutive days.

Learning Objectives

- Turn identity from affirmations to evidence

- Track daily micro-actions that prove builder word is real

- Build pattern recognition through 7-day streak

- Create measurable behavioral data for transformation

Video Content (3-5 min): Why Micro-Evidence Beats Motivation

Key messages:

- Affirmations are great, but they're not enough

- Identity shifts when you have proof

- Not big wins—micro-evidence

- Daily receipts prove your builder word is real

- How small actions compound into identity transformation

Reading: From Affirmations to Evidence

Why "Fake It Till You Make It" Fails Without Action

The phrase "fake it till you make it" implies that pretending is enough. **It's not.**

Identity doesn't shift through affirmations alone. It shifts through **behavioral proof**.

The Neuroscience of Identity Consolidation

Your brain needs evidence that your new identity is real. When you take small actions aligned with your builder word, you create neural pathways that say: "This is who I am now."

The difference:

- **Motivation** = feeling

- **Proof** = action

What Counts as a "Receipt"

A receipt is a specific action (not a feeling) that proves your builder word is real.

Examples:

- **Builder word: Resourceful** → "I found a free co-working space instead of paying for one."

- **Builder word: Consistent** → "I showed up to my regulation practice even though I didn't want to."

- **Builder word: Bold** → "I posted my business idea publicly for the first time."

- **Builder word: Trustworthy** → "I did what I said I would do, on time, with no excuses."

Daily Assignment: Builder Receipts Log

Instructions

Each day for 7 consecutive days, record:

"One thing I did today that proves my builder word is real."

Rules

- Takes 60 seconds per day (no essays)

- Must be a specific action, not a feeling

- Must connect to your builder word from Unit 1

- Can be tiny (spoke up in a meeting, kept a boundary, finished a task, asked for help)

Format Options

Choose one:

- Text log (Notion, Notes app, journal)

- Voice memos (60 seconds each)

- Video diary (60 seconds each)

- Discussion forum daily check-ins

Why This Works

- **Evidence-based identity:** You're not hoping to become a builder, you're proving it daily

- **Micro-wins:** Builds momentum without requiring huge transformations

- **Pattern recognition:** After 7 days, you'll see your builder identity in action

- **Funder-friendly:** Creates trackable behavioral data (daily receipts streak = measurable engagement)

Discussion Forum: Weekly Receipts Celebration

Day 7 Prompt: *"Share your favorite receipt from this week—one action that proved your builder word. Celebrate at least 2 others' receipts."*

Instructions:

- Post your best receipt from the week

- Celebrate 2 others with specific recognition

- Notice how different Builder Types generate different receipts

Key Teaching Line

"Your builder word isn't real because you said it. It's real because you have receipts."

Submission

Upload your 7-Day Builder Receipts Log at the end of the week with all 7 entries documented.