

Date:

Completed:

Drill (do this today)

Write

Prompt: What does checking/monitoring cost you (time, dignity, sleep, focus, intimacy, parenting)?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

List 10 things you control and 10 you do not. Then choose 1 controlled action to do today.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write the issue you want to raise. Apply 24-hour rule: what will you do tomorrow if it still matters?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Log urges: what did you want to say, what did you do instead?

Notes / Evidence (facts only)

Date:

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Write

Track: each time you theorize, write the thought and the replacement action.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Workout log: what did you do? how did anxiety shift?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Scores + 1 lever to tighten next week.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write your 3 priorities and first action.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write your boundary sentence and the consequence (if any) in one clean line.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

What did you NOT ask for today? What tangible thing did you fix?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Sensations + urges you noticed; what happened when you did not act.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write 5 facts only. Then 1 decision.

Notes / Evidence (facts only)

Date:

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Drill (do this today)

Write

List 5 actions. Circle the one you did today.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Weekly tracker + notes.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Define your 60-second protocol and when you used it.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write the statement + when the urge hit + what you did instead.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

What bids did you reduce? How did you stay warm without pursuit?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

What did you build/learn? Output produced?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Examples: where you kept it short; where you slipped.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

List your 5 non-negotiables (behavioral, measurable).

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write the boundary + what enforcement looks like.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Notes: posture, pace, eye line; mood before/after.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Observation log (facts only): what you saw today.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write your one clean sentence. Then stop.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

What hard thing did you do first? How did it affect the day?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Checklist: tidy/shower/5 lines journal/bed. Notes.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

What did you do? What expectation did you drop?

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write changes + 1 rule to keep.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write: boundary, consequence, and your calm script.

Notes / Evidence (facts only)

Date:

Completed:

Drill (do this today)

Write

Write your 3 forever rules + next 30-day plan.

Notes / Evidence (facts only)