

Day 1 - Daily Evidence Tracker

This is your proof-builder. Do not skip it. Even one small yes matters.

Date _____

| | Yes | No |
|---|--------------------------|--------------------------|
| I noticed the urge before disappearing into it: | <input type="checkbox"/> | <input type="checkbox"/> |
| I used the 4D Reset or part of it: | <input type="checkbox"/> | <input type="checkbox"/> |
| I spoke to myself with less shame than usual: | <input type="checkbox"/> | <input type="checkbox"/> |
| I made one real-life move today: | <input type="checkbox"/> | <input type="checkbox"/> |
| I acted more consciously than automatically: | <input type="checkbox"/> | <input type="checkbox"/> |

Daily evidence that I am capable of change:

One human thing I will forgive myself for today:

Day 2 - Daily Evidence Tracker

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Day 5 - Daily Evidence Tracker

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Day 7 - Daily Evidence Tracker

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Day 8 - Daily Evidence Tracker

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Day 9 - Daily Evidence Tracker

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Day 10 - Daily Evidence Tracker

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