

IDENTITY RESET SYSTEM

THE 5-STEP IDENTITY REBUILD

DAY 1 DEFINE THE IDENTITY



**DA
Y 3****STACK VOTES DELIBERATELY**

- Every time you complete the action, say internally: "This is who I am."
 - Link the completion to a trigger: "After [X], I will [vote action]"
 - Track each vote — use the grid on the next page
 - The votes accumulate. The new story gets stronger.
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**DA
Y 4****NEVER MISS TWICE**

- Missing once is human. It's a data point, not a verdict.
 - Missing twice is the beginning of a new (wrong) pattern
 - Your failure rule: "When I miss, I show up the very next day."
 - Write that rule here: _____
 - Tape it somewhere visible.
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DA Y 5

LET TIME DO THE WORK

- Identity change is slow. That is normal. That is how it works.
- In week 1 you're building. In month 3 you're becoming.
- Don't measure by how you feel. Measure by whether you showed up.
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90-DAY IDENTITY VOTE TRACKER

Track your daily vote. X = showed up. Every X is evidence for the new story.

MY DAILY VOTE: _____ **Month 1**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		