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Rebuilding Self-Trust — Workbook

From self-criticism to self-leadership in 7 modules and 35 days of small, kept promises.

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Start-Here Self-Assessment

Complete this before Lesson 1.1, and again on Day 35. Rate each statement from 1 (not at all true) to 10 (completely true). Answer based on the last 30 days, not on how you wish things were.

Statement	Day 1 score	Day 35 score
When I tell myself I'll do something, I usually do it.		
I can keep small daily commitments even on busy or low-energy days.		
I have few old, unfinished promises weighing on me.		
When I make a mistake, my self-talk is fair rather than harsh.		
I can recover from a critical thought within a few minutes.		
I can make everyday decisions without asking others or second-guessing.		
After I miss a commitment, I get back on track within a day or two.		
I speak to myself the way I'd speak to someone I respect.		
I can point to specific evidence that I keep my word.		
I feel like I'm leading my life rather than being pushed around by it.		
Total (out of 100)		

My lowest-scoring statement is:

What I hope will be different by Day 35:

One thing I'm worried might get in the way:

On Day 35, what changed, and what didn't?

35-Day Roadmap

Your day-by-day plan. Each day takes 15 to 20 minutes. Check off each day as you complete it. From Day 5 on, the Daily Self-Trust Log is part of every day; from Day 12 on, so are your three micro-promises; from Day 17 on, so is the K.E.P.T. mirror round; and from Day 23 on, so is the morning check-in.

Day	Focus	Lesson / Worksheet	Done
1	Start-Here Self-Assessment; self-trust as a track record	Lesson 1.1 / Worksheet 1.1	
2	Run the Broken-Promise Inventory (20 minutes)	Lesson 1.2 / Worksheet 1.2	
3	Sort the pile: Release, Renegotiate, Recommit	Lesson 1.3 / Worksheet 1.3	
4	Finish sorting; write new terms	Worksheet 1.3	
5	Closing ritual; start the Daily Self-Trust Log	Lesson 1.4 / Worksheet 1.4	
6	Meet the critic; begin the audit	Lesson 2.1 / Worksheet 2.1	
7	Audit day 2; read about signal vs. static	Lesson 2.2	
8	Audit day 3; tally patterns; name your critic; signal vs. static practice	Worksheets 2.1 and 2.2	
9	Learn and rehearse the N.A.M.E. protocol	Lesson 2.3 / Worksheet 2.3	
10	Write your response cards	Lesson 2.4 / Worksheet 2.4	
11	Design your three micro-promises	Lesson 3.1 / Worksheet 3.1	

Day	Focus	Lesson / Worksheet	Done
12	Start keeping micro-promises; set up the tracker	Lesson 3.2 / Worksheet 3.2	
13	Keep, track, log	Tracker and Log	
14	Calibrate; first weekly review	Lesson 3.3 / Worksheet 3.3	
15	Keep, track, log; adjust any promise under 70%	Tracker and Log	
16	Why mirror work; readiness check	Lesson 4.1 / Worksheet 4.1	
17	First K.E.P.T. mirror round	Lesson 4.2 / Worksheet 4.2	
18	K.E.P.T. round; track discomfort	Worksheet 4.2	
19	Troubleshoot the mirror	Lesson 4.3 / Worksheet 4.3	
20	K.E.P.T. round; write your hard-day version	Worksheet 4.3	
21	Critic vs. coach; weekly review	Lesson 5.1 / Worksheet 5.1 / Worksheet 3.3	
22	Coaching questions	Lesson 5.2 / Worksheet 5.2	
23	First morning check-in	Lesson 5.3 / Worksheet 5.3	
24	Decision trust; start decision log	Lesson 5.4 / Worksheet 5.4	
25	Full daily rhythm: check-in, promises, log, mirror	All tools	
26	Map your relapses and triggers	Lesson 6.1 / Worksheet 6.1	

Day	Focus	Lesson / Worksheet	Done
27	Build your Repair Ritual one-pager	Lesson 6.2 / Worksheet 6.2	
28	Weekly review; use the Repair Ritual on any recent miss	Worksheet 3.3 / Worksheet 6.2	
29	Spiral-proofing: WOOP and disruption versions	Lesson 6.3 / Worksheet 6.3	
30	Write your Restart Protocol	Worksheet 6.3	
31	Build your evidence file	Lesson 7.1 / Worksheet 7.1	
32	Finish the evidence file	Worksheet 7.1	
33	Design a bigger commitment	Lesson 7.2 / Worksheet 7.2	
34	Maintenance system and self-trust agreement	Lesson 7.3 / Worksheet 7.3	
35	Final weekly review; retake the Self-Assessment; 30/60/90-Day Plan	Start-Here page / Final Plan	

Daily Self-Trust Log

Fill in one row every evening, starting Day 5. It takes three to five minutes. Record misses as honestly as wins. “Made/Kept” is the number of promises you made to yourself today and how many you kept (write R next to repaired ones). “Rating” is your 1 to 10 answer to: “Right now, how much do I believe that when I say I’ll do something, I will?”

Day	Made / Kept	Rating	What the critic said (one line)	One piece of evidence I kept my word
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				

Day	Made / Kept	Rating	What the critic said (one line)	One piece of evidence I kept my word
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				

Weekly averages (fill in on each review day):

Week	Days	Total made	Total kept	Keep rate	Average rating
1	5 to 7				
2	8 to 14				
3	15 to 21				
4	22 to 28				
5	29 to 35				

Worksheet 1.1: My Self-Trust Baseline

Answer honestly. This is your “before” picture.

When I tell myself I’ll do something, what percentage of the time do I actually do it?

Which erosion pattern is strongest for me right now?

- ☐ The broken-promise pile
- ☐ The inner critic on loop
- ☐ Decision distrust

What does that pattern look like in my life? Give one recent, specific example.

By Day 35, I’d like “I’ll do it” to mean:

My three-question forecast check. If I promised myself right now I’d go to bed by 10:30 tonight, my confidence (0 to 100%) is:

Does the critic already have an opinion about whether I’ll finish this course? What is it?

My first micro-promise (under two minutes, done today):

-
- ☐ Kept it

Worksheet 1.2: The Broken-Promise Inventory

Set a 20-minute timer. Use the life-area prompts to jog your memory, then list every promise to yourself that you didn't keep and haven't formally closed. Write in neutral, factual language. Don't solve anything yet. Stop when the timer ends.

Life-area prompts. Tick each area once you've considered it:

- ☐ Health and body (exercise, sleep, food, appointments)
- ☐ Work and career (projects, skills, boundaries, job moves)
- ☐ Money (budgets, savings, admin, paperwork)
- ☐ Relationships (calls, visits, conversations, patterns)
- ☐ Home (repairs, clutter, projects)
- ☐ Learning (courses, languages, books)
- ☐ Creative work (writing, art, music, side projects)
- ☐ Personal growth and identity ("I'll be more patient," "I'll stop...")

#	The promise (one line)	When it started	Weight (1 to 5)	Why it stalled (best guess)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

#	The promise (one line)	When it started	Weight (1 to 5)	Why it stalled (best guess)
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				

(Use extra paper if you need more rows.)

My three highest-weight items are:

Looking at the “why it stalled” column, the most common reason is:

- ☐ Too big for the season of life
- ☐ Borrowed goal (someone else’s expectation)
- ☐ No clear first step
- ☐ All-or-nothing framing
- ☐ Circumstances changed
- ☐ Other:

What this tells me about how I make promises (a design pattern, not a verdict):

Worksheet 1.3: Sorting the Pile

Run each inventory item through the four-question filter:

- 1. Is this still mine? (If not: Release.)
- 2. Does it still matter to me today? (If not: Release.)
- 3. Is the original version realistic in my current life? (If not: Renegotiate.)
- 4. Can I name the next physical action and do it this month? (If yes and it's a top priority: Recommit. Otherwise: Renegotiate or Park.)

Keep Recommit to a maximum of two items.

#	Promise	Release / Renegotiate / Recommit / Park	Review date (if parked)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			

#	Promise	Release / Renegotiate / Recommit / Park	Review date (if parked)
18			
19			
20			

New terms for every Renegotiate and Recommit item:

Promise	What (observable)	When (day, time, or trigger)	How much (the minimum)	Until when (end or review date)

Totals. Released:

Renegotiated:

Recommitted:

Parked for Module 7:

Any item that involves another person, and the conversation I need to have:

Worksheet 1.4: The Closing Ritual and Release Statement

Follow the five steps. Allow 10 minutes.

- ☐ 1. Read each Release item out loud, followed by: “I’m releasing this. It’s no longer a promise I’m holding.”
- ☐ 2. Name one lesson each released item taught me (below).
- ☐ 3. Write my release statement (below).
- ☐ 4. Mark the ending physically (cross out, file, archive).
- ☐ 5. Close with one tiny kept promise.

Lessons I’m keeping from the promises I released:

Released promise	What it taught me

My release statement. Use the template: “As of [date], I’ve closed out [number] old promises. I’m not carrying them as debt anymore. What I’m keeping is what they taught me: [lessons]. From here, I’ll make fewer promises and keep them.”

How I marked the ending physically:

The tiny promise I kept to close the ritual:

When an old promise pops back into my head, I'll say:

☐ I completed my first Daily Self-Trust Log entry tonight.

Worksheet 2.1: The Inner Critic Audit

For three days (Days 6 to 8), log at least five critic moments per day. Just notice and record: no arguing, no fixing. Write the thought in the critic's exact words.

Day	Trigger (what just happened)	Exact words	Intensity (1 to 10)	What I did next	Pattern
6					
6					
6					
6					
6					
7					
7					
7					
7					
7					
8					
8					
8					
8					
8					

Pattern tally. Count how often each pattern showed up:

Pattern	Sounds like	Count
The Global Verdict	"You always..." / "You're a..."	
The Fortune Teller	"You'll quit this too."	
The Comparer	"Everyone else has figured this out."	
The Mind Reader	"They think you're..."	

Pattern	Sounds like	Count
The Moving Goalpost	"That doesn't count because..."	
The Drill Sergeant	"Be harder on yourself."	
The Historian	"Remember last time?"	

My critic's top three favorite lines:

When and where my critic is loudest (times, places, situations):

Does any of the critic's language sound borrowed from someone? (Optional. If this stirs up painful history, consider exploring it with a therapist.)

My critic's name:

Worksheet 2.2: Signal vs. Static

Take ten lines from your audit. For each, write the thought, mark the signal (a specific, behavioral, actionable piece) or write “none,” and translate any signal into a neutral, useful sentence with a next step. If there’s no signal, write “That’s static.”

#	Critic’s exact words	Signal (or “none”)	Useful translation / “That’s static”
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Defusion practice. Write your critic’s single most painful line:

Now say it silently in each form below and note what you notice about how it feels.

“I’m having the thought that...” What I noticed:

“I notice I’m having the thought that...” What I noticed:

“[Critic’s name] is doing the _____ speech again.” What I noticed:

My one-question shortcut, written somewhere I'll see it: "Is there a specific action here I can take?"

☐ Written on a card or phone note

Worksheet 2.3: My N.A.M.E. Protocol

Write out the protocol for your three most common critic lines.

N = Notice (“There it is.”) A = Acknowledge (name the critic and the pattern) M = Mine for signal (“Anything specific and useful here?”) E = Exit with an action (one small next step, done now)

Critic line	Notice: my body cue	Acknowledge: critic’s name + pattern	Mine: signal or “static”	Exit: my action

Three-day rehearsal:

Day	Morning rehearsal done (2 min)	Live reps (tally)	One time it worked	One time the critic got through	Roughly how long loops lasted
9					
10					
11					

The name I’ll use when I talk to myself in the Acknowledge and Exit steps (distanced self-talk):

The mistake I’m most likely to make with the protocol (skipping Exit, debating in Mine, saving it for big moments, expecting it to feel good):

Worksheet 2.4: Inner Critic Protocol

Response Cards

Write at least six cards, one for each of your critic's most frequent lines. Use one of the five reframe formulas: "And also...", "Specific, not global", "What I'd tell a friend", "Not yet", or "Next right step." Rate each reframe's believability (0 to 100%). Aim for 60% or higher; if it's lower, make it more modest or specific.

Cut these out, copy them onto index cards, or photograph them for your phone.

Card	Trigger line (critic's words)	Pattern	My reframe	Exit action	Believability %
1					
2					
3					
4					
5					
6					
7					
8					

Starter cards to adapt:

- "You always quit." / Global Verdict + Historian / "I've stopped some things. I'm also here on Day 10, doing this." / Log today's kept promise.
- "It doesn't count; that was too easy." / Moving Goalpost / "Small counts. Trust gets built from small, kept promises." / Check the tracker.
- "Everyone else has this figured out." / Comparer / "I'm seeing their highlights and my behind-the-scenes." / Close the app; five minutes on the next task.
- "You need to be harder on yourself." / Drill Sergeant / "Harsh hasn't worked. Honest and kind is the experiment now." / Ask, "What's the next useful step?"

Where my cards live (choose at least two):

- ☐ Printed card in wallet, bag, or desk
- ☐ Pinned note on my phone

- ☐ Lock screen photo
- ☐ Bathroom mirror

Card update schedule. I'll refresh my reframes with new evidence at the end of each module:

- ☐ End of Module 3 (Day 15)
- ☐ End of Module 5 (Day 25)
- ☐ End of Module 7 (Day 35)

Worksheet 3.1: Designing My Micro-Promises

Write three micro-promises: one body, one progress, one care. Each must pass the S.M.A.L.L. test. If a promise fails any test, shrink it until it passes.

Type	Micro-promise	Minimum that counts	Anchor ("At " or "After I ")
Body			
Progress			
Care			

S.M.A.L.L. test. Tick each box for each promise:

Test	Body	Progress	Care
Short: 5 minutes or less			
Measurable: clearly done or not done			
Anchored: tied to a time or routine			
Low-friction: doable tired, busy, or grumpy			
Logged: I know where I'll mark it			

My three promises in when-then form:

When/After , **I will** (minimum ____).

When/After , **I will** (minimum ____).

When/After , **I will** (minimum ____).

My bonus-zone rule. When I do more than the minimum, I'll remind myself:

☐ I'll start all three tomorrow (Day 12) and keep them unchanged for two weeks unless one is clearly too big.

Worksheet 3.2: The Micro-Promise Tracker

Write your three micro-promises at the top. Mark each cell immediately after keeping the promise. Post this somewhere you'll see daily, or recreate it digitally so you can see the whole grid on one screen.

Key: ✓ = kept · ✓+ = kept with bonus · R = missed, then repaired · ○ = missed

Promise 1:

Promise 2:

Promise 3:

Day	Promise 1	Promise 2	Promise 3	Day total (kept / 3)
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				

Day	Promise 1	Promise 2	Promise 3	Day total (kept / 3)
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				

Where I've posted my tracker:

Who (if anyone) I'll share my weekly total with, and how:

Tonight's evidence sentence for my log:

Worksheet 3.3: Calibration and Weekly Review

Use this page on Days 14, 21, 28, and 35. Aim for a keep rate of about 80% or higher per promise. Above 90%: hold. 70 to 90%: fix the anchor for the days it slips. Below 70%: shrink or re-anchor.

Diagnosing a slipping promise (for any promise under 70%):

1. Is the anchor reliable every day?
2. Is the minimum small enough?
3. Is there friction I can remove?
4. Do I actually want this, or is it a “should”?

Weekly calibration grid:

Review day	Promise	Kept / 7	Keep rate	Decision (hold / re- anchor / shrink / grow / swap)	Revised version
14	1				
14	2				
14	3				
21	1				
21	2				
21	3				
28	1				
28	2				
28	3				
35	1				
35	2				
35	3				

Weekly review questions (answer each review day):

Day 14. What did I learn about how I make promises?

Day 21. What did I learn about how I make promises?

Day 28. What did I learn about how I make promises?

Day 35. What did I learn about how I make promises?

☐ Review dates for Days 21, 28, and 35 are in my calendar.

Grow a promise only when all three are true: 90%+ for two weeks; regularly in the bonus zone without pushing; it feels almost automatic. Then grow by 20 to 50% at most.

Worksheet 4.1: Mirror Work Readiness

My comfort looking myself in the eye right now (1 to 10):

What I expect to feel when I try it:

My mirror and anchor time (for example, “bathroom mirror, after I brush my teeth at night”):

My starting format:

- ☐ Full mirror with eye contact
- ☐ Mirror without eye contact (shoulders, hands, below the chin)
- ☐ Written-only (always a valid choice, especially if the mirror brings up intense distress)

Three statements from this week’s log that are specific, true, and evidence-based (not affirmations):

Rewrite one affirmation I’ve tried before as an evidence-based statement:

Worksheet 4.2: My K.E.P.T. Script

Write tonight’s round in full using today’s tracker, then do it at the mirror (or in writing).
About 90 seconds.

K: Kept. The specific promises I kept today:

E: Evidence. What those actions mean for my track record (use a number if you can):

P: Pattern or problem. One thing that didn’t go to plan and what I notice (or what made things work):

T: Tomorrow. Tomorrow’s promises, stated clearly:

Discomfort tracker. Rate each round (1 to 10) and note one thing you noticed:

Day	Did the round (Y/N)	Discomfort (1 to 10)	One thing I noticed
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			

Day	Did the round (Y/N)	Discomfort (1 to 10)	One thing I noticed
27			
28			
29			
30			
31			
32			
33			
34			
35			

Worksheet 4.3: Mirror Troubleshooting

The trend in my discomfort ratings so far (rising, falling, steady):

Which problems have I run into? Tick all that apply and write my fix.

Problem	Me?	My fix
1. I feel ridiculous		
2. I can't look myself in the eye		
3. It brings up a lot of emotion		
4. I keep forgetting		
5. I have nothing to put in Kept		
6. The critic takes over		

My 30-second "hard day" K.E.P.T. script (one kept promise, one promise for tomorrow):

My written K.E.P.T. round, for nights the mirror isn't possible:

K: Today I kept:

E: That means:

P: What didn't go to plan, and what I notice:

T: Tomorrow I promise:

- ☐ I've put a cue on my mirror (sticky note or response card).
- ☐ Weekly mirror review added to Days 21, 28, and 35.

Worksheet 5.1: Critic vs. Coach

The best coach, mentor, or supporter I’ve had (or one I imagine):

What made them effective? List their qualities.

Rewrite five critic lines in the coach’s voice. Check that each rewrite is honest, warm, forward-facing, and curious.

Critic’s line	Coach’s version	Honest	Warm	Forward	Curious

My coach’s name:

My all-purpose coach line for when I can’t think of anything else:

Honestly, do I believe the critic is what keeps me productive? What does my own Broken-Promise Inventory suggest?

Worksheet 5.2: My Coaching Questions

Circle or write your top question from each category.

After a miss (for example: “What got in the way?” “What would make it 10% easier tomorrow?”):

When facing something hard (for example: “What’s the very next physical action?” “What would ‘good enough’ look like?”):

When overwhelmed (for example: “What matters most in the next hour?” “What do I need right now?”):

After a win (for example: “What did I do that made this work?” “What’s the next small promise that builds on this?”):

My three go-to questions, to write on a card or phone note:

Critic-to-question conversions. Record at least three:

Critic statement	Coaching question I used	My answer	Action I took

A two-minute coaching conversation about something that happened this week:

What happened?

What did I do well?

What would I do differently?

What's next (with a time)?

Worksheet 5.3: The Morning Self-Leadership Check-In

Complete this every morning from Day 23 to Day 35. Three minutes. Pre-shrink rules: only in the morning, never to zero.

Day	Energy (1 to 10)	Mood word	Pre-shrunk a promise? Which one?	One priority	Coach's word	Where the critic may show up, and my card	Kept the smaller promise?
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
34							
35							

My 30-second backup version (energy rating, one priority, coach's word), for mornings I miss:

What I've noticed about how my energy level relates to keeping promises:

Worksheet 5.4: The Decision Trust Builder

Which decision-distrust behaviors do I recognize in myself?

- ☐ Asking three or four people before ordinary decisions
- ☐ Reading dozens of reviews for small purchases
- ☐ Changing my mind repeatedly after deciding
- ☐ Deferring to others even when I have a preference
- ☐ Avoiding decisions until a deadline forces them
- ☐ Replaying past decisions and wishing I'd chosen differently

Practice the sort. Three recent decisions:

Decision	Small / Medium / Large	How I actually handled it	How I'd handle it using the sort

Daily practice: at least one small decision a day in under two minutes, without asking anyone.

Decision log:

Day	Decision	Size	What I chose and why (one line)	Kept or reversed?	Later review (medium/large): outcome and lesson
24					
25					
26					
27					
28					
29					
30					

Day	Decision	Size	What I chose and why (one line)	Kept or reversed?	Later review (medium/large): outcome and lesson
31					
32					
33					
34					
35					

Decide-Commit-Review, for one medium or large decision:

1. Clarify. What am I deciding, and what matters most to me here?

2. Gather, with a limit. My stopping point (options, time, people):

3. Decide. "I'm choosing ___ because ___."

4. Commit. The first action I'll take:

5. Review. My review date, and the questions I'll ask (What did I know? Was my process reasonable? What was outside my control? What would I do differently?):

Worksheet 6.1: My Relapse Map

List your misses from Days 11 to 26 and any relevant patterns from your Broken-Promise Inventory. Mark each with its trigger.

Date / item	What happened	Disruption	Depletion	Drift	Doubt

My most common trigger:

My second most common trigger:

Trace one past relapse (from your inventory or life) through the six-step spiral:

1. The miss:

2. The verdict (what the critic said):

3. The all-or-nothing flip:

4. The abandonment:

5. The avoidance:

6. The quiet quit:

The point where I could have interrupted the spiral, and what I could have done:

Worksheet 6.2: The Repair Ritual One-Pager

Fill this in, then print it or save it where you can reach it quickly. Use it within 24 hours of any miss. Rule: never miss twice. Set a five-minute timer.

Step 1: Recognize (30 seconds). My template: “I said I’d ___, and I didn’t.”

Step 2: Explore (60 seconds). My go-to questions: “What got in the way? Was it Disruption, Depletion, Drift, or Doubt?”

Step 3: Pardon (30 seconds). My pardon line (for example: “Missing things is part of being a person. This doesn’t erase the other days I kept.”):

Step 4: Adjust (60 seconds). My usual adjustment for each trigger:

Trigger	My adjustment
Disruption	
Depletion	
Drift	
Doubt	

Step 5: Recommit and repair rep (90 seconds or less). Do a small version now, mark R on the tracker, and state the next promise.

My micro-promise	Repair-rep minimum (do it now)

What repair is not:

- No make-up doubling
- No lecture

- Not optional when it feels bad

Where I’m keeping this page (ideally where misses happen):

Repair log:

Date	Promise missed	Trigger	Adjustment	Repair rep done?

Worksheet 6.3: Spiral-Proofing Plan

WOOP plan for the next high-risk situation I can see coming in the next month:

Wish. The promise I want to keep through it:

Outcome. What it will mean if I do:

Obstacle. What’s most likely to get in the way (inside me or around me):

Plan. “If [obstacle], then I will [action].”

Disruption versions of my micro-promises:

Everyday promise	Disruption version (smallest meaningful form)

My personal early warning signs. Tick the ones that apply and add your own:

- ☐ Not looking at the tracker for a day or more
- ☐ Skipping the evening log “just this once”
- ☐ Saying “I’ll catch up on the weekend”
- ☐ A small wince when I think about the course
- ☐ The critic getting louder and me not using my cards
- ☐ Other:

My Restart Protocol (copy it here, then sign and date it):

1. Look at the tracker for 30 seconds.
2. Name the gap neutrally.
3. Name the trigger.

4. Pick one promise, the easiest, in its disruption version.
5. Do the repair rep now and mark R.
6. Add the other promises back one at a time.
7. Write "Restarted on [date]" in my log.

In my own words:

Signed and dated:

My "never zero" promise, the one tiny thing I'll do even on the worst day:

Worksheet 7.1: My Evidence File

Build this from your tracker, Daily Self-Trust Log, decision log, and worksheets. Keep it somewhere you'll find it in six months.

Section 1: The numbers

Measure	Result
Micro-promises made	
Micro-promises kept (including repaired)	
Overall keep rate	
Longest run of kept days	
Repaired misses (R marks)	
Average self-trust rating, Week 1	
Average self-trust rating, Week 5	
Start-Here Self-Assessment total, Day 1	
Start-Here Self-Assessment total, Day 35	

Section 2: My ten best evidence sentences

#	Evidence sentence (specific and true)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Section 3: My comebacks

Date	What I missed	Trigger	How I repaired it

Section 4: The critic, then and now

Critic’s favorite line (from Worksheet 2.1)	How often in Week 2	How often now	How fast I respond now

My best response card:

My one-line summary card (for example: “35 days. [kept] of [made] promises kept. [number] comebacks. I do what I say.”):

Where I’m keeping my evidence file:

Worksheet 7.2: The Scale-Up Plan

Which rung am I ready for?

- ☐ Rung 1: Grow a micro-promise (90%+ for two weeks, regularly in the bonus zone)
- ☐ Rung 2: Add a project promise (all three micro-promises stable for three to four weeks)
- ☐ Rung 3: Take on a stretch commitment (at least one project promise completed)

Capacity check:

How many active commitments am I carrying right now?

What will I stop or reduce to make room?

Is this the right season of my life for it?

Is this genuinely mine, or am I trying to impress someone (including my critic)?

My bigger commitment, designed with all seven elements:

Element	My plan
1. Clear finish line	
2. Weekly micro-promises underneath it	
3. Minimum that counts	
4. Disruption version	
5. WOOP plan for the likeliest obstacle	
6. Scheduled review (day and time)	
7. Release clause	

My parked items from Worksheet 1.3:

Parked item	Still matters?	Ladder rung	Capacity now?	Decision (bring back / keep parked until ____ / release)

The one item (at most) I'm bringing back:

Worksheet 7.3: My Maintenance System and Self-Trust Agreement

Choose your ongoing version of each practice.

Practice	My maintenance version
Micro-promises (2 to 3 daily)	
Micro-Promise Tracker	
Daily Self-Trust Log	
K.E.P.T. mirror round	
Morning check-in	
N.A.M.E. and response cards	
Repair Ritual (after every miss)	
Weekly review	
Evidence file (monthly)	

Scheduled in my calendar:

- ☐ Weekly self-leadership meeting (10 minutes). Day and time:
- ☐ Monthly evidence file update (20 minutes). Date:
- ☐ First quarterly check (45 minutes): retake the Self-Assessment, run a mini inventory, check the Scale-Up Ladder. Date:

Weekly meeting agenda: 1) numbers, 2) best evidence, 3) misses and repairs, 4) critic check, 5) next week's adjustments.

My "back to basics" signals (tick and add your own). If I see these, I'll return to Module 3 for two weeks:

- ☐ Weekly keep rate below 70% for two weeks in a row
- ☐ I've stopped tracking
- ☐ Critic loops lasting hours again
- ☐ Making big promises and breaking them
- ☐ Other:

Signs I'd reach out for professional support, and who I'd contact:

My Self-Trust Agreement

My ongoing micro-promises:

My weekly review time:

My repair commitment (what I'll do within 24 hours of a miss):

The kind of relationship I intend to have with myself, in one sentence:

Signed and dated:

Final Plan: My 30/60/90-Day Self-Trust Plan

Complete this on Day 35. Keep it small and specific. Every goal here is a promise, so size it to keep it.

Days 1 to 30 after the course: Protect the foundation

The micro-promises I'll keep daily:

The one promise I'll grow (Rung 1), and by how much:

My weekly review day and time:

What I'll do if I notice a back-to-basics signal:

Days 31 to 60: Add a project promise

My project promise (finish line and date):

The weekly micro-promises underneath it:

Its release clause:

Days 61 to 90: Consolidate and look ahead

What I'll add to my evidence file:

My quarterly check date:

A stretch commitment I might consider next (only if capacity allows):

Checkpoint tracker:

Checkpoint	Date	Keep rate	Self-trust rating	Notes
Day 30				
Day 60				
Day 90				

My one last micro-promise from the Closing (done within 24 hours):

☐ Kept it

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