

PROOF OVER MOOD

THE 7-DAY RESET



Rebuild momentum and self-trust, one small kept promise at a time.

**LESS MOTIVATION.
MORE EVIDENCE.**

A practical workbook for real life. No perfect routine required.

The rule is smaller than you think.

For seven days, you will make one promise that takes ten minutes or less. Then you will keep it. The action can be unimpressive. The point is not to transform your life in a week. The point is to collect honest evidence that you can rely on yourself.

1	Use the smallest honest version. If the full workout is too much, walk for ten minutes. If the whole project feels impossible, open it and work on one paragraph.
2	Do it before you negotiate. Pick a time. When the time arrives, begin. Your feelings can come with you, but they do not get a vote.
3	Record what actually happened. Check the box and write one sentence. If you miss, do not invent a story about yourself. Repair the promise the next day.

Your only target: finish the week with seven pieces of evidence, not seven perfect days.

Lower the floor.

You are not proving how ambitious you are. You are proving that you can begin.

TODAY'S PROMISE	I will give one important thing ten honest minutes.
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DO THIS

- 1
- Choose the task you have been avoiding.
- 2
- Shrink it until ten minutes is enough to make visible progress.
- 3
- Set a timer, put your phone out of reach, and begin.

KEEP THE RECEIPT

What did you move forward? Be specific, even if the progress was small.

DONE TODAY: [] YES [] NOT YET

Beat the debate.

Most avoided tasks get harder in the conversation before them. Today, shorten that conversation.

TODAY'S PROMISE	When my chosen time arrives, I will start within sixty seconds.
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DO THIS

- 1Choose the exact time and place now.
- 2Prepare the first physical action: shoes by the door, file open, notebook ready.
- 3At the chosen time, count down from five and move.

KEEP THE RECEIPT

What excuse appeared first? What happened when you started anyway?

DONE TODAY: [] YES [] NOT YET

Define done.

Vague work expands forever. A finish line makes action lighter.

TODAY'S PROMISE	Before I start, I will write one clear sentence that defines done.
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DO THIS

- 1Write: "For today, done means..."
- 2Make the finish line observable, not emotional.
- 3Stop when you reach it. Leaving with energy builds trust for tomorrow.

KEEP THE RECEIPT

What was your finish line? Did knowing it change how the task felt?

DONE TODAY: [] YES [] NOT YET

Remove one obstacle.

Willpower is expensive. A better setup keeps charging you less.

TODAY'S PROMISE	I will remove one point of friction before tomorrow.
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DO THIS

- 1
- Notice where you stalled this week.
- 2
- Name the physical obstacle, distraction, or missing decision.
- 3
- Fix one thing now: lay it out, block it, schedule it, or delete it.

KEEP THE RECEIPT

What friction did you remove, and what will be easier because of it?

DONE TODAY: [] YES [] NOT YET

Keep the streak human.

A streak should support your life, not punish it. The rule survives when it can bend.

TODAY'S PROMISE	I will complete the minimum version, even if today is messy.
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DO THIS

- 1Decide what the two-minute emergency version looks like.
- 2Do the full ten-minute promise if you can.
- 3If you cannot, do the emergency version without guilt or ceremony.

KEEP THE RECEIPT

Which version did you complete? What made today different?

DONE TODAY: [] YES [] NOT YET

Repair fast.

Missing once is an event. Turning it into an identity is a choice.

TODAY'S PROMISE	If I missed anything this week, I will repair it with five minutes today.
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DO THIS

- 1
- Pick one missed or incomplete promise.
- 2
- Remove the shame story and identify the next physical action.
- 3
- Do five minutes now. Repair complete.

KEEP THE RECEIPT

What did you repair? Write the facts without judging yourself.

DONE TODAY: [] YES [] NOT YET

Read the evidence.

Confidence is easier to believe when you can point to receipts.

TODAY'S PROMISE	I will review this week and choose the next promise worth keeping.
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DO THIS

- 1Read your six previous entries.
- 2Circle the action that created the most useful momentum.
- 3Choose one small promise to repeat for the next seven days.

KEEP THE RECEIPT

What did this week prove? What promise will you carry forward?

DONE TODAY: [] YES [] NOT YET

Seven days. What is true now?

Do not summarize your personality. Record the evidence.

THE PROMISE I KEPT MOST CONSISTENTLY

THE OBSTACLE I UNDERSTAND BETTER NOW

THE NEXT SEVEN-DAY PROMISE

**You do not need to feel like a different person.
You need another receipt.**

Keep going at Proof Over Mood.