

The Journal

This conversation challenges one of the biggest myths about change: you don't become a different person and then start behaving differently. You become a different person because you **repeatedly do things differently**.

These journal prompts are not about analysing your past; they're about deciding what you're going to practise from this point forward.

Where in my life have I been waiting to **feel** differently before allowing myself to **behave** differently?

What would happen if I stopped waiting?

Which old behaviour am I still rehearsing every day?

If I continue rehearsing it for the next five years, who will I become?

Which new behaviour would I like to rehearse instead?

Could I begin practising that behaviour today? If so, how?

What kind of relationship do I want to build with myself?

If that relationship depended entirely on repeated actions rather than good intentions, what would I start doing differently?

What promise have I made to myself and keep breaking?

What would keeping that promise teach me about who I'm becoming?

Which sentence feels most true?

I keep waiting until I feel confident.

I keep waiting until I feel ready.

I keep waiting until I feel worthy.

I keep waiting until I stop feeling afraid.

What would change if I did something differently **before** that feeling arrived?

Which one repeated action, if I practised it every day for the next year, would quietly transform my life?

Why haven't I started already?

Imagine meeting yourself one year from today. For which **daily habits would your future self thank you** for beginning this week?

What habits would they beg you to leave behind?

Finish this sentence without overthinking it. The person I'm becoming is someone who repeatedly:

Finally, make yourself one promise, a promise you're willing to keep tomorrow and the day after and every day after that. My promise to myself is:

When you've finished, take a breath. Then ask yourself one final question: what will I practise today that my old self would never have expected of me?

Then go and practise it like your life depends on it – because it does. That practice builds the future you.