

The Finisher's Evidence File

A 7-Day Journaling Sprint That Rewrites The Story Of

"I Never Follow Through" — By Proving You Already Have

(You Just Weren't Counting)

Time commitment: 10–15 minutes per day

Supplies: Pen + honesty + no perfection required



Before You Begin

You do not lack discipline.

You lack recognition.

This 7-day sprint is not about becoming someone new.

It's about gathering evidence of who you already are.

For the next 7 days, we are building your personal

Evidence File — proof that you finish more than you

think.





YOU WERE NEVER INCONSISTENT.

YOU WERE UNDER-CREDITED.

KEEP YOUR EVIDENCE FILE.

ADD TO IT MONTHLY.

YOUR BRAIN BELIEVES PROOF.

NOW YOU HAVE SOME.

