

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



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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.



A decorative graphic of a green leafy branch, possibly a laurel wreath, positioned in the top right corner of the page.

List 10 small things you completed in the last 7 days.

- Paid a bill
- Responded to a message
- Cooked dinner
- Got your child somewhere on time
- Drank water when you didn't feel like it

Reflection Question:

Why have I been dismissing these as “not real” accomplishments?

[illegible]

A decorative teal-colored branch with several oval-shaped leaves, extending from the top right towards the center of the page.

List 5 things in your life that exist today because you didn't quit.

- A relationship
- A skill you built
- Your business
- Your home
- Healing progress

What did it actually require of me to stay with this?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Write down 5 things you paused — not failed.

- Did I truly quit?
- Or did life shift my capacity?

"I didn't fail. I adjusted."

[illegible]

Think of something you didn't finish.

- Was I exhausted?
- Overextended?
- Trying to prove something?
- Following someone else's timeline?

"I struggle to finish when ____."

This is data. Not judgment.

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Write down 15 things you have followed through on in your lifetime.

- Graduating
- Learning to drive
- Leaving something unhealthy
- Showing up for your child
- Keeping a promise

What does that say about me?

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Based on the evidence from this week, complete:

Examples:

- I am someone who adapts.
- I am someone who keeps going quietly.
- I am someone who honors my limits.
- I am someone who builds slowly but steadily.
-

Which identity feels the most true?

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Write a letter from your future self — one year from now.

- Thank you for...
- I'm proud of you for...
- You never gave yourself credit for...

"I finish in ways that are sustainable for my nervous system."

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YOU WERE NEVER INCONSISTENT.

YOU WERE UNDER-CREDITED.

KEEP YOUR EVIDENCE FILE.

ADD TO IT MONTHLY.

YOUR BRAIN BELIEVES PROOF.

NOW YOU HAVE SOME.

