The Me vs Me Project

A 3 WEEK BLUEPRINT FOR
BREAKING CYCLES AND BUILDING
HABITUAL GROWTH.

It takes 21 days to build or break a habit.
It's up to you whether that habit is good or bad.

THE ME VS ME PROJECT

The mind can build empires or burn them to the ground. True freedom began the day I chose to discipline the chaos within.

Conquer the mind, or it will conquer you.

The battleground is within.

Master your mind, free your potential.

With Love,

Amber Rose Dempsey

’S IN THIS BOOK

a two-page spread: a guided work page, then an open writing page. The open page is never a mystery — the instruction is e top. If a space looks blank, read the line above it. That line is the assignment.

n Amber — Why this book exists

Your map through the 21 days

& contract — Who you are when you start

this book — Me vs me. Tiny habits. Stacks.

ing — After I [habit], I will [tiny action]

commitment — Sign it. Mean it.

s — Your armory for hard hours

actices — Choose yourself on purpose

cker — Every check is a victory lap

Work page + open writing page, every day

vakening — Face what’s been hiding

ck-in #1 — Day 10. Adjust. Keep going.

ignment — Build the architecture

ck-in #2 — Day 17. Home stretch.

scension — Finish. Integrate. Become.

nyself — Younger, future, forgiven

ommitment — The next 21 days start here

kening · Days 8–14 Alignment · Days 15–21 Ascension. Each day carries its own quote. Read it before you write.

BOOK BELONGS TO THE ONE WHO STAYS

ame like it is already on the dedication page of a life you are proud of. The dates are a container. The word is a north
f this is decoration — it is how your brain knows the game has started.

want on this contract.

DAYS LATER)

RD
can say when you want to quit. Examples: stay, proof, rise, clean, enough.

OF ME I AM WALKING TOWARD
ot "better." A Tuesday version of you — what she does, refuses, keeps.

HESE 21 DAYS THAT I CAN ACTUALLY MEASURE
heck it, it is a wish. Make it checkable.

ITION — SOMETHING I ALREADY DID THAT PROVES I CAN DO THIS
a pep talk. A time you stayed when leaving would have been easier.

on is a visitor. This book is a roommate. Feed it every day.

S ME. THAT'S THE ONLY FIGHT.

bout being perfect. It is about being better than yesterday. Every day you are in a match with the old self — the one who mbed, settled, and shrunk. Win the round.

feel like quitting	*The old me would quit. The new me stays.*
feel like you're not enough	*I'm not done becoming yet. Watch me.*
feel like you failed	*Failures are just data. What did I learn?*
feel like no one sees you	*I see me. And I'm proud of who I'm becoming.*
feel like it's too hard	*It's supposed to be hard. That's how I know I'm growing.*
feel like your habit is too small	*Small is the point. Small compounds. Small becomes big.*

ee rules

mall you can't fail. Want to exercise? One push-up. Want to write? One sentence. Want to meditate? One minute. Showing up t. Once you show up, you can always do more.

y day. No spiral.. Consistency beats intensity. Five minutes daily beats one hour once a week. If you miss a day, don't spiral. Do ay. One miss doesn't break the habit.

repeat. After 21 days, evaluate. Built the habit? Level up by 1.5× — not double. Not yet? Keep the same tiny action. This is a tice, not a one-time fix.

two-page day works

ge: guided prompts — gratitude, goal, stacks, guard, evening. Every line tells you what to write. Right/second page: open assignment is always printed at the top and three starter sentences sit under it. If you freeze, copy a starter and keep going. ail a page you filled honestly.

R I [THIS], I WILL [THAT]

ng attaches a new tiny action to something you already do, so you stop relying on willpower. Pick one core habit so small fail it. Then add up to two bonus stacks that ride the same moment.

T FOR 21 DAYS

VERSION (I CANNOT FAIL THIS)

te. 1 sentence. 1 glass of water. Small is the flex.

orushing, after coffee, after I lock the phone.

CK — YOUR 21-DAY HABIT

ACK 1

ACK 2

NY IDEA

- er I brush my teeth)
- ailbox (After I pour coffee)
- squats (After I lock my phone at night)
- ll sit (While the kettle boils)
- rms overhead (Right after I wake up)
- eathing (Before I drink my morning coffee)
- Name 3 things I can see (After I sit down in the car)
- Hand on heart, 3 breaths (Before I open any app)
- Write 1 sentence (After I make the bed)
- Write 1 thing I'm proud of (Before I go to bed)
- Read 1 page (After I sit down with coffee)
- Read 1 paragraph of something true (After lunch)

AM SOMEONE WHO _____ EVERY DAY

three times after you write it. The mouth teaches the mind.

ain breaks, still do the next one. The chain is a prompt, not a prison.

IT. MEAN IT. CHANGE THE RUMOR ABOUT YOU.

____, commit to showing up for myself for 21 consecutive days. This is me vs me. I am choosing to win.

HIS BECAUSE

The one you would say in a kitchen at 1am.

ABLE

AVING BEHIND

ALKING TOWARD

AY 21

d, not a loophole back into the old cycle.

l me would quit. The new me stays. I am the new me."

DATE

21 — re-read this. Are you still walking toward the person you promised?

ARE NOT POWERLESS. YOU ARE UNDER-PRACTICED.

op five. When an urge hits, you do not get to invent a plan. You pick from the menu you already chose. That is how you cycle in real time.

Breathwork	Call a friend	Write it out	Walk outside
Power song	Drink water	Candle breath	Ritual shower
Doodle / art	Hand on heart	Hold something soft	Read poetry
Declutter	Hug someone	Pray / meditate	Step into nature

GO-TO — WHEN NOTHING ELSE WORKS

clear option. Write it. Put it in your wallet.

PRACTICE THIS WEEK EVEN ON EASY DAYS

A TOOL: WHAT CHANGED?

Train the brain to notice relief.

n an easy day so your brain can find it on a hard one.

SE YOU ON PURPOSE — NOT AS LEFTOVERS

t the week you actually do it. One act a day is enough. Skipping the menu is how the old cycle gets its calories.

	W1	W2	W3
r shower with intention	☐	☐	☐
ning that made me feel beautiful	☐	☐	☐
ou" to my reflection	☐	☐	☐
shing meal just for me	☐	☐	☐
omething that drained me	☐	☐	☐
omething that lit me up	☐	☐	☐
gs I like about myself	☐	☐	☐
dy without punishment	☐	☐	☐
permission to rest	☐	☐	☐
lf flowers or a small treat	☐	☐	☐

VE ACT THAT HIT DIFFERENT

nded. That "why" is a map back to yourself.

s not selfish. It is how you show up full instead of empty.

AYS. 504 HOURS. EVERY ONE IS A LAP.

ay. Rate the urge 1–10. Name the tool that got you through. A high urge with a check still counts as a championship save.

	Urge	Coping tool I used (required — do not leave this blank)
	____	
	____	
	____	
	____	
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	____	

E 21, I WILL CELEBRATE BY…

ation that does not undo the work.

heck a day, pause three seconds and say: I chose me.

RST YES

t need a new personality. You need one honest yes — today."

performance. It is a door. Walking through it already makes you different from the person who kept waiting for Monday.

TODAY I AM (MOOD, ONE WORD)

ITION

g you already survived that proves you can do 21 days. Write it like evidence, not a pep talk.

SURABLE GOAL

oal: complete the tiny habit once, and tell the truth on this page. That is a full win.

R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

ck for today only: After I _____ I will _____

T I KEEP OUT / KEEP IN TODAY

ROUD OF / A JOY / WHAT I LEARNED

ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

't need a new personality. You need one honest yes — today."

age is for the reason you started — the one you don't post, the one you barely admit. No boxes. No grade.

this page: Write until the real reason is on the paper. If it comes out ugly, good. Ugly and true beats pretty and fake.

ZE, START BY COPYING ONE OF THESE SENTENCES

s book because..."

m done repeating is..."

promise for 21 days, I become..."

ou have to. Don't skip it.

STILL COUNTS

up messy still counts as showing up. Perfection is how cycles stall."

less cinematic than Day 1, you are in the work. Motivation is a visitor. Habit is a roommate.

TODAY I AM (MOOD, ONE WORD)

ITION

g you did today that your old self would have talked yourself out of.

SURABLE GOAL

oundary today — even a small one. Write it before the day talks you out of it.

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IT OUT

up messy still counts as showing up. Perfection is how cycles stall."

ge to dump the noise that tried to talk you out of the tiny habit. Get it out of your head and onto the paper so it stops

.

his page: List the excuses. Then, under each one, write the sentence: "And I still get to choose."

ZE, START BY COPYING ONE OF THESE SENTENCES

that showed up first was..."

ally needed was..."

will stack my habit onto..."

T ANYWAY

not heal what you keep numbing. Feeling it is not failing. Feeling it is data."

uncomfortable because you stopped lying to yourself on a schedule. That discomfort is proof the fog is lifting.

TODAY I AM (MOOD, ONE WORD)

ITION

ing you usually swallow. Give it a one-word title. Then give it three honest sentences.

SURABLE GOAL

ne sober hour, one tiny habit, one kind sentence to yourself. Count all three.

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

not heal what you keep numbing. Feeling it is not failing. Feeling it is data."

a holding place for whatever surfaced that the structured questions didn't catch — grief, craving, anger, hope, the ner.

his page: Do not tidy it. Do not make it inspirational. Write like nobody will grade you, because nobody will.

ZE, START BY COPYING ONE OF THESE SENTENCES

ctually feeling is..."

mb this, I would..."

ry about today is..."

u stayed. That is the win.

IS THE FLEX

not a consolation prize. Small is how you sneak past the part of you that quits."

lt embarrassingly tiny today, you are doing it right. Ego wants a montage. Growth wants a streak.

TODAY I AM (MOOD, ONE WORD)

ITION

smallest keep of the promise. Write it like a trophy inscription.

SURABLE GOAL

ion before your brain opens negotiations. Then write what you noticed.

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

not a consolation prize. Small is how you sneak past the part of you that quits."

for compounding. Write what is already different — even if it is only a half-degree turn of the wheel.

this page: Look for evidence, not fireworks. A calmer morning. A craving you rode out. A text you didn't send. That is growth.

ZE, START BY COPYING ONE OF THESE SENTENCES

I am changing..."

small thing for a year..."

nk myself for..."

el impressive. Record the ordinary wins.

THE GATE

not passive. Peace is a door you lock on purpose."

oalkeeper of your own life. Nobody is coming to protect your energy for you. That's a gift, not a punishment.

TODAY I AM (MOOD, ONE WORD)

ITION

ce you abandoned yourself this week — then write how you will not do that today.

SURABLE GOAL

-negotiable and treat it like a law, not a suggestion.

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page. The open writing page tells you exactly what to put in the space.

IT OUT

not passive. Peace is a door you lock on purpose."

ge to design the boundary out loud. Who, what, when, and what you will do if it gets tested.

his page: Be specific. "Protect my peace" is a poster. "I will not answer after 9pm" is a plan.

ZE, START BY COPYING ONE OF THESE SENTENCES

m keeping out today is..."

m keeping in is..."

I will say..."

won't enforce is just a wish.

E YOU IN PUBLIC

e that only happens in secret will starve. Practice it where the old pattern can see it."

urself will feel selfish if you were trained to be the easy one. Let it feel selfish. Stay anyway.

TODAY I AM (MOOD, ONE WORD)

ITION

you showed up for you today that nobody clapped for. Clap anyway.

SURABLE GOAL

act from the menu — done on purpose, not as leftovers.

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

e that only happens in secret will starve. Practice it where the old pattern can see it."

a love note you are not allowed to water down. Write to yourself the way you write to someone you refuse to lose.

his page: Start with "I see you." Then tell the truth about what this week cost, and what it gave.

ZE, START BY COPYING ONE OF THESE SENTENCES

d I know..."

d better when..."

f you for..."

loud. That is not extra. That is the practice.

DAYS HONEST

f honesty will rearrange a life faster than a year of almost."

o Day 7. Not luck. Will. The old identity is loud because it is dying. Let it be loud. Don't let it drive.

TODAY I AM (MOOD, ONE WORD)

ITION

proofs you showed up this week — one for each day, even if one is "I opened the book."

SURABLE GOAL

ek's deep-dive after this spread. Do not skip the letter to the you who started.

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ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

. Week 2 is building. You earned the next brick.

E IT OUT

of honesty will rearrange a life faster than a year of almost."

a debrief, not a verdict. Write what Week 1 actually felt like — the cravings, the wins, the surprise.

this page: If you missed a day, write what you learned, not a prosecution. Then write how Week 2 gets one percent cleaner.

ZE, START BY COPYING ONE OF THESE SENTENCES

hour this week was..."

t I felt most alive was..."

eaving in Week 1 is..."

DON'T PERFORM

s not a vibe. It is architecture. Lay the next brick even if nobody is watching."

eans your calendar starts matching your mouth. That will pinch. Pinch means the walls are going up.

TODAY I AM (MOOD, ONE WORD)

ITION

r actions match your word today? Circle that. That's the new standard.

SURABLE GOAL

t the stacked time — not "whenever." Stacks fail when they float.

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ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

is not a vibe. It is architecture. Lay the next brick even if nobody is watching."

ge to draw the day as a chain: after I ____, I will ____. Then note where the chain broke, if it did, and how you'll recast

this page: Be a mechanic, not a critic. Broken links get repaired. They don't get used as proof you are hopeless.

ZE, START BY COPYING ONE OF THESE SENTENCES

at held today..."

at slipped..."

or tomorrow is..."

BLE PROGRESS

is invisible right before it becomes undeniable. Stay long enough to see it."

changed, you are standing too close to the painting. Keep the streak. The picture is assembling.

TODAY I AM (MOOD, ONE WORD)

ITION

erence a loving witness would notice in you this week — even if you don't.

SURABLE GOAL

r-feeling, not just the checkmark. That's how the brain learns this is worth it.

R — THREE SPECIFICS, NOT VIBES

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_____ I will _____

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ROUD OF / A JOY / WHAT I LEARNED

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

s is invisible right before it becomes undeniable. Stay long enough to see it."

an evidence log. Hunt for three things that are slightly easier than Day 1. Slightly counts.

this page: If you cannot see any, write what you are measuring. Maybe you are looking for a new body when the first fruit is a d.

ZE, START BY COPYING ONE OF THESE SENTENCES

Day 1..."

d that's okay because..."

sed this win..."

ming. Invisible is the hallway.

E-CORRECT, DON'T COLLAPSE

in is not a trial. It is a steering wheel. Adjust. Do not torch the car."

trapdoor where a lot of people decide they "ruined it." You didn't. You gathered data. Use it.

TODAY I AM (MOOD, ONE WORD)

ITION

ht pattern you are pruning. Write the replacement sentence you will actually say.

SURABLE GOAL

growth check-in after this spread. Then do one action that moves the meter one number.

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ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

-in is not a trial. It is a steering wheel. Adjust. Do not torch the car."

for the adjustment, not the autobiography of your shame. What needs to change for the next 11 days — time, stack, ep?

his page: Pick one lever. One. Changing everything is how the old cycle hides inside a rebrand.

ZE, START BY COPYING ONE OF THESE SENTENCES

ill move is..."

rom..."

ant to feel..."

TY OVER MOOD

a guest. Identity is the house. Don't let a guest rearrange the furniture."

eone who does the thing. Not someone who does the thing when they feel like it. Feelings can ride in the back.

TODAY I AM (MOOD, ONE WORD)

ITION

ntity statement again as if it is already true. Then list one action that proves it today.

SURABLE GOAL

specially if you don't feel like it. That rep trains the real muscle.

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

a guest. Identity is the house. Don't let a guest rearrange the furniture."

rt scene of the person you are becoming — a Tuesday, not a highlight reel. What time do they wake, what do they refuse, y keep?

this page: Make it boring and specific. Fantasy is cheap. Tuesdays are where lives change.

ZE, START BY COPYING ONE OF THESE SENTENCES

Tuesday, I..."

egotiate with..."

y life) is arranged around..."

ELATIONSHIP SHIFT

ou change the way you treat you, every other relationship has to pick a new dance."

will like the old choreography better. That is information, not a reason to shrink.

TODAY I AM (MOOD, ONE WORD)

ITION

nship — including the one with yourself — that shifted because you kept a promise.

SURABLE GOAL

lean communication today: a no, a yes, or a "not anymore."

R — THREE SPECIFICS, NOT VIBES

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

ou change the way you treat you, every other relationship has to pick a new dance."

for the unsent message — the truth you need to put somewhere safe. You do not have to send it. You do have to stop lone.

his page: Write it fully. Then mark the top: SEND / DON'T SEND / SEND A KINDER VERSION. Choose on purpose.

ZE, START BY COPYING ONE OF THESE SENTENCES

you to know is..."

o longer do is..."

sking of me is..."

oundary.

DON’T PUNISH

ne without kindness is just a new way to attack yourself. We are not doing that here.”

gorous and gentle in the same hour. That’s not softness. That’s sustainability.

TODAY I AM (MOOD, ONE WORD)

ITION

talked to yourself after a hard moment. If it was cruel, rewrite it as a coach, not a cop.

SURABLE GOAL

with one nourishing thing — water, protein, sunlight, a song. Stack kindness onto effort.

R — THREE SPECIFICS, NOT VIBES

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

ne without kindness is just a new way to attack yourself. We are not doing that here."

ge as a kindness inventory. What fed you. What drained you. What you will repeat tomorrow on purpose.

his page: If "kindness" feels fake, start with respect. Respect is kindness in work boots.

ZE, START BY COPYING ONE OF THESE SENTENCES

e today..."

ot use as punishment..."

next step is..."

EEKS OF PROOF

days is not luck. It is a pattern with a pulse.
ke the beginning of your reputation with yourself."

quit in Week 2 because the novelty died. You stayed. That is the exact muscle this book is building.

TODAY I AM (MOOD, ONE WORD)

ITION

ys you are different than the person who opened Day 1.

SURABLE GOAL

deep-dive after this spread. Then raise the habit 1.5× for one day only — a taste, not a leap.

R — THREE SPECIFICS, NOT VIBES

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

n days is not luck. It is a pattern with a pulse.
ike the beginning of your reputation with yourself."

a midpoint letter to Week-3 you. Tell them what to protect, what to drop, and what you refuse to forget.

his page: Write it like a teammate handing off a baton, not like a boss yelling from the stands.

ZE, START BY COPYING ONE OF THESE SENTENCES

..."

t that you..."

Then run the last lap.

OME STRETCH IS A TEST

third is where the old self makes its best offer. Smile at it. Keep walking."

not floating. It is finishing. The glitter comes after the reps, not instead of them.

TODAY I AM (MOOD, ONE WORD)

ITION

done enough" thought. Write it down. Then write the answer from Day-21 you.

SURABLE GOAL

wice today if you can — morning and evening. Prove extra is available.

R — THREE SPECIFICS, NOT VIBES

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_____ I will _____

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ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

third is where the old self makes its best offer. Smile at it. Keep walking."

a negotiation transcript between the quitter and the finisher. Let both speak. Then let the finisher have the last line.

this page: Give the quitter five lines. Give the finisher ten. The page should look unfair. That's the point.

ZE, START BY COPYING ONE OF THESE SENTENCES

says..."

answers..."

I will live is..."

GETS SMALLER WHEN YOU MOVE

es a body in motion. Move first. Analyze second. The order matters."

een days of evidence that you can feel fear and still keep a promise. That's not motivation. That's a record.

TODAY I AM (MOOD, ONE WORD)

ITION

at is smaller than it was on Day 1. Even a little smaller counts as conquered-in-progress.

SURABLE GOAL

ou have been circling. Ten minutes. Then write what was actually on the other side.

R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

ck for today only: After I _____ I will _____

T I KEEP OUT / KEEP IN TODAY

ROUD OF / A JOY / WHAT I LEARNED

ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

ear that went to work anyway.

E IT OUT

tes a body in motion. Move first. Analyze second. The order matters."

ge to walk up to one fear on paper so it doesn't get to stay mythical. What is the worst true outcome — not the movie,

his page: Then write the most likely outcome. Then write what you will do even so. Fear shrinks in specifics.

ZE, START BY COPYING ONE OF THESE SENTENCES

eal name is..."

tcome is..."

ll..."

DAYS FROM PROOF

…s is not a maybe. Four days is a decision with a countdown."

…would have been gone by now. You're still here. That sentence is the whole identity shift. Keep proving it.

TODAY I AM (MOOD, ONE WORD)

…ITION

…ns you would have dismissed as "nothing." They were not nothing.

…SURABLE GOAL

…Day 17 check-in after this spread. Ask what Day-21 you wishes you would do today — then do that.

…R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

…ck for today only: After I _____ I will _____

…T I KEEP OUT / KEEP IN TODAY

…ROUD OF / A JOY / WHAT I LEARNED

…ts. If you cannot find joy, write a moment that didn't get worse.

…page. The open writing page tells you exactly what to put in the space.

E IT OUT

ys is not a maybe. Four days is a decision with a countdown."

a four-day battle plan. Sleep, stack time, support person, temptation windows — put them on the paper so they stop ses.

his page: Make it so simple a tired version of you could follow it. Tired-you is who has to finish this.

ZE, START BY COPYING ONE OF THESE SENTENCES

window is..."

hat window is..."

___ if I wobble."

ats a hopeful mood.

THE STANDARD

ndard is not how you feel. The standard is what you repeat when nobody is impressed."

andard now. Guard it like it took 18 days to build — because it did.

TODAY I AM (MOOD, ONE WORD)

ITION

utomatic that used to be a fight? Write it. That's identity, not luck.

SURABLE GOAL

k at the same time. No "I'll do it later." Later is how standards die.

R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

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page. The open writing page tells you exactly what to put in the space.

E IT OUT

ndard is not how you feel. The standard is what you repeat when nobody is impressed."

a standard-setting memo to yourself. What is no longer optional. What is no longer up for debate. What gets to stay.

this page: Write it in present tense, as law: "I am someone who…" Three laws is enough. Ten is a speech.

ZE, START BY COPYING ONE OF THESE SENTENCES

ne who…"

"

even on ugly days…"

n ink are harder to talk over.

ST IS A DANGEROUS NEIGHBORHOOD

done is where old cycles like to throw a party. Do not RSVP."

sacred number in this book — it is the line between "I tried" and "I built." Cross it like you mean it.

TODAY I AM (MOOD, ONE WORD)

ITION

on't quit on me" looked like in a real moment this week.

SURABLE GOAL

of 21 in sight, protect today like it is the whole project. Because today is how 21 happens.

R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

ck for today only: After I _____ I will _____

T I KEEP OUT / KEEP IN TODAY

ROUD OF / A JOY / WHAT I LEARNED

ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

done is where old cycles like to throw a party. Do not RSVP."

a pre-game. Tomorrow and the next day will try to feel casual. Write why they are not casual.

his page: Tell the story of why finishing matters — to you, to the kids watching, to the woman you were on Day 1.

ZE, START BY COPYING ONE OF THESE SENTENCES

atters because..."

started this would want me to..."

de 21 days for..."

ersonality. Finish.

UIET BEFORE THE KEEP

full day before the keep is holy. Treat it like it. Don't leak it on nothing."

now how to do this. You have nineteen dress rehearsals. Today is not a mystery. It is a repeat.

TODAY I AM (MOOD, ONE WORD)

ITION

you to the version of you who did the boring reps when it wasn't cute.

SURABLE GOAL

ame time. No new chaos. Simplicity is how you close.

R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

ck for today only: After I _____ I will _____

T I KEEP OUT / KEEP IN TODAY

ROUD OF / A JOY / WHAT I LEARNED

ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

full day before the keep is holy. Treat it like it. Don't leak it on nothing."

gratitude and grit in the same ink. Thank the people who held the goal post. Thank yourself last, and longest.

this page: Three names. Three specifics. Then a paragraph to you that you would keep in a wallet.

ZE, START BY COPYING ONE OF THESE SENTENCES

_____ , for..."

me, for..."

arry into Day 21 is..."

EEP

n't just last 21 days. You taught your nervous system a new rumor about who you are."

t shrinking: I finished. Not perfectly. Finished. That is a different woman than the one who started.

TODAY I AM (MOOD, ONE WORD)

IITION

ou vs the new you in specifics — not "better," but what you do now that you didn't do then.

SURABLE GOAL

ne more time as a celebration, not a chore. Then complete the Week 3 pages, the letters, and the recommitment.

R — THREE SPECIFICS, NOT VIBES

— CHECK EACH LINK YOU COMPLETED. IF YOU SKIP A LINE, WRITE WHY NEXT TO IT.

_____ I will _____

_____ I will _____

_____ I will _____

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ROUD OF / A JOY / WHAT I LEARNED

ts. If you cannot find joy, write a moment that didn't get worse.

page. The open writing page tells you exactly what to put in the space.

E IT OUT

n't just last 21 days. You taught your nervous system a new rumor about who you are."

en page is not empty. It is a threshold. Write the life you are walking into — 6 months from now — in present tense, as if it pened.

his page: Include the habit, the body, the peace, the money, the way you talk to you. Then sign it. That signature is a contract.

ZE, START BY COPYING ONE OF THESE SENTENCES

ths later, and I..."

"

e person who..."

I DAYS HONEST

f honesty will rearrange a life faster than a year of almost."

E HABIT

CED THIS WEEK (EMOTIONS, CRAVINGS, TRUTHS)

iding them is how Week 1 fails.

MENT — AND HOW I GOT THROUGH IT

T MOST ALIVE

ASED

(EVEN IF IT FELT SMALL — IT WASN'T)

ORGAVE MYSELF FOR

WEEK 2 — ALIGNMENT

. Do not demand a new life from a week of honesty. Demand honesty.

WEEK 1 REALLY DID

age is for the letter the structured Week 1 page couldn't hold — to the you who started, from the you who made it to Day 7.

this page: Thank them. Tell them what you learned. Do not skip the hard sentence.

ZE, START BY COPYING ONE OF THESE SENTENCES

or showing up when..."

ect..."

ed you to..."

SE-CORRECT, DON'T COLLAPSE

→ TODAY I FEEL

ALMOST OVERLOOKED

othing," it belongs here.

HOSE DIFFERENTLY THAN OLD-ME

ATTERN I AM PRUNING — AND THE REPLACEMENT SENTENCE

I SET AND KEPT

ER 1 (LOST) – 10 (ROOTED)

TO FINISH THESE 21 DAYS STRONG

DJUSTMENT

space. Use these lines to name ONE lever you will move — time, stack, sleep, support — so the next 11 days are cleaner,

his page: If you write more than one lever, circle the one you will actually touch tomorrow morning.

ZE, START BY COPYING ONE OF THESE SENTENCES

..."

worked when..."

ave is..."

WEEKS OF PROOF

n days is not luck. It is a pattern with a pulse."

EK

IT FEELS VS WEEK 1

MING EASIER

HARD (THAT MEANS YOU'RE GROWING)

PROTECTED WITH MY LIFE

HIP THAT SHIFTED

'M DIFFERENT THAN 7 DAYS AGO

EK 3 — ASCENSION

RCHITECTURE

ueprint of the life that is forming — not the fantasy, the Tuesday. What time, what refusal, what keep.

his page: Three bricks: a habit, a boundary, a relationship with yourself. Name each in a full sentence.

ZE, START BY COPYING ONE OF THESE SENTENCES

abit)..."

oundary)..."

how I speak to me)..."

DAYS FROM PROOF

→ TODAY I FEEL

RINKING

ING MY SOUL RIGHT NOW

ER / TREND (RISING, STEADY, DIPPING)

ING OF MYSELF FOR THE LAST 4 DAYS

a maybe. Four days is a decision with a countdown.

DAY-21 YOU WANTS

last page already signed. What does that woman wish you would do with these four days? Write her orders. Then
.

this page: Make the orders small enough to keep and sharp enough to matter.

ZE, START BY COPYING ONE OF THESE SENTENCES

y morning..."

is even once..."

ell me you..."

EEP

n't just last 21 days. You taught your nervous system a new rumor about who you are."

TED

COME IN 21 DAYS

OMENT

MENT — AND HOW I GOT THROUGH IT

W ME — SPECIFICS, NOT POETRY

RWARD / LEAVING BEHIND

NSFORMATION

E VS NEW ME

the comparison you earned. Be specific. Not "better." What you do, what you refuse, what you believe now.

this page: Two columns in your own words: LEFT — who started. RIGHT — who finished. Then one sentence that you will not alk you out of.

ZE, START BY COPYING ONE OF THESE SENTENCES

would have..."

actually..."

e I keep is..."

u won. Write it so you cannot un-know it.

E LETTERS. NO PERFORMING.

eds more room, the next page is the overflow — and it tells you how to use it.

ER SELF — WHO SURVIVED THINGS THEY SHOULDN'T HAVE HAD TO

t you know now. Do not lecture. Stand with them.

E SELF — ONE YEAR FROM TODAY

ou need. Promise what you will keep.

ORGIVENESS — TO ME, RIGHT NOW. NO CONDITIONS. NO BUTS.

VERFLOW LETTER

illed past its box, this page is where the rest lives. Pick one: younger you, future you, or the forgiveness that still has a

his page: Write until the lump moves. Sign it. You can fold the page. You cannot skip the feeling.

ZE, START BY COPYING ONE OF THESE SENTENCES

hear..."

for..."

g on you to..."

IFE AFTER THE ARGUMENT

ANSFORMATION IN ONE SENTENCE

S I'M TAKING WITH ME

R THIS NEW CHAPTER

THS — PRESENT TENSE, AS IF IT ALREADY HAPPENED

MYSELF THAT

PERSON WHO

HABIT (VERB + TINY SIZE + ANCHOR)

DATE

you can be it. You've already started.

EXT 21 DAYS

cycle, not a trophy. Use this page to write the next tiny action (1.5× if you hit 19/21, same size if you didn't) and the date ain.

his page: No vague "be better." A verb, a size, an anchor, a date, a reward.

ZE, START BY COPYING ONE OF THESE SENTENCES

tion..."

I will ____ ..."

reward..."

were arguing with yourself. Today you have proof. Not because it got easy — because you stayed. Me vs me. And you won.