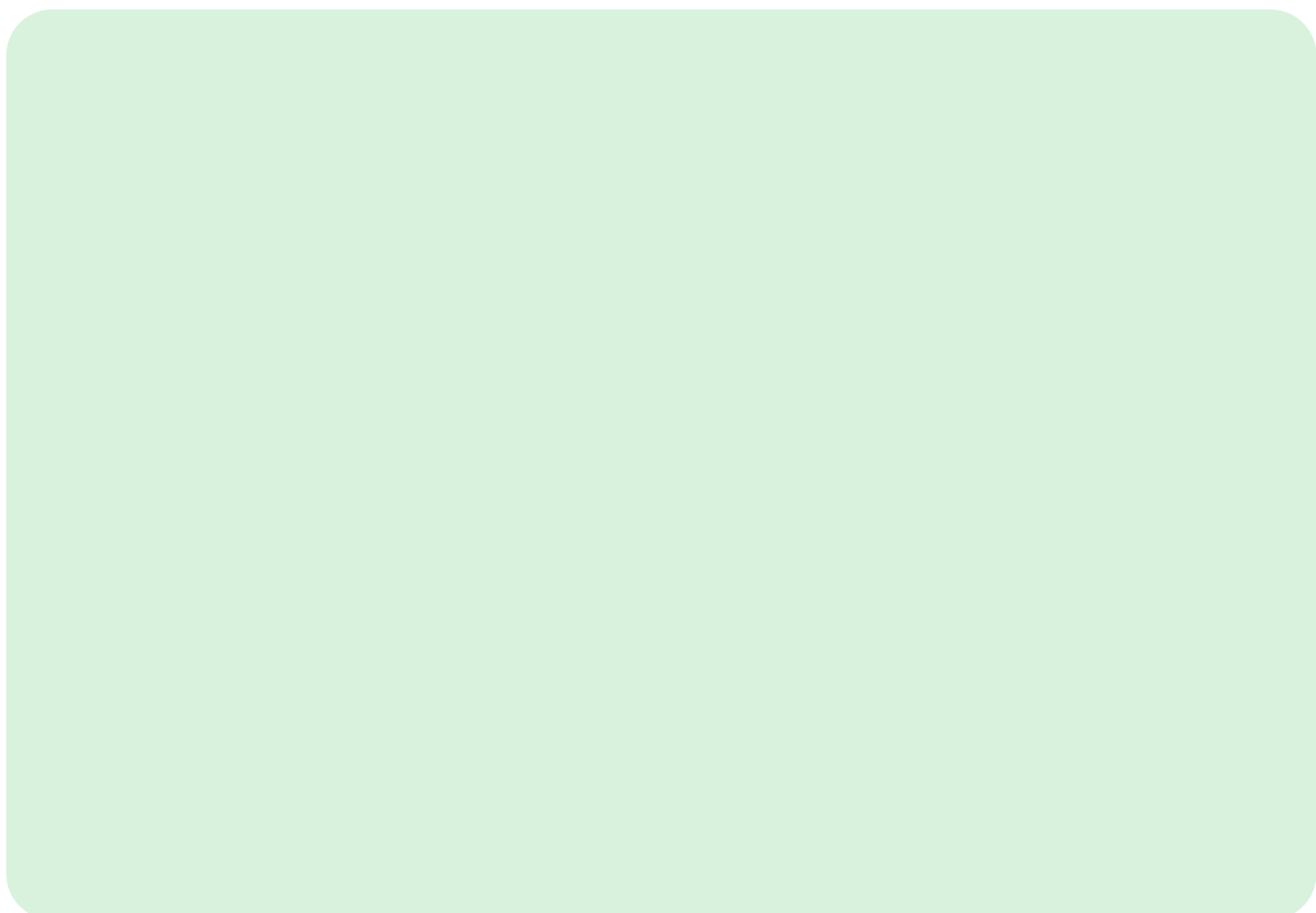


# “I’ll Never Change” — Rewrite Kit

Engaging Affirmation Workbook in Calming Light Green Tones

This mini workbook helps you transform the “I’ll never change” belief using precise, compassionate affirmations paired with micro-actions. Use one page per day. Write honestly. Let small proofs add up.



Read the daily affirmation out loud. Add a tiny, testable action and an if-then plan. Use the checkboxes to mark progress and the lined spaces for notes and a one-sentence proof. Treat misses as part of the design—resume gently. Your smallest consistent step is the engine of change.

**Pro tip: pair your practice with a reliable cue (kettle click, calendar alert).**

**Today's Affirmation**

Because I value learning, I am becoming someone who improves in small steps.

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

### Today's Affirmation

This feeling is energy for growth; I can steer it.

### If-Then Plan (prime your cue)

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### Today's Micro-Step

Write one tiny action ( $\leq 2$  minutes).

Progress check

### Proof Sentence (evidence you can't ignore)

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Date:

Time:

**Today's Affirmation**  
Missing once is expected; I resume now.

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

### Today's Affirmation

I collect tiny proofs that I am changing today.

#### If-Then Plan (prime your cue)

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#### Today's Micro-Step

Write one tiny action ( $\leq 2$  minutes).

Progress check

#### Proof Sentence (evidence you can't ignore)

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Date:

Time:

**Today's Affirmation**  
I am building reliability in small, visible ways.

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

**Today's Affirmation**  
I speak to myself with respect and choose one action.

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

### Today's Affirmation

My past is data, not destiny; I act on the next cue.

#### If-Then Plan (prime your cue)

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#### Today's Micro-Step

Write one tiny action ( $\leq 2$  minutes).

Progress check

#### Proof Sentence (evidence you can't ignore)

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Date:

Time:

### Today's Affirmation

I am safe to be a beginner; two minutes is enough to start.

#### If-Then Plan (prime your cue)

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#### Today's Micro-Step

Write one tiny action ( $\leq 2$  minutes).

Progress check

#### Proof Sentence (evidence you can't ignore)

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Date:

Time:

**Today's Affirmation**

**I choose care and safety early, even when attraction is loud.**

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

**Today's Affirmation**  
I ask for help as a practice of strength.

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

**Today's Affirmation**

**I notice progress in seasons; I keep tending the soil.**

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

**Today's Affirmation**

**I keep promises to myself after I drop the ball.**

**If-Then Plan (prime your cue)**

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**Today's Micro-Step**

Write one tiny action ( $\leq 2$  minutes).

Progress check

**Proof Sentence (evidence you can't ignore)**

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Date:

Time:

**This Week's Theme**

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**Daily Receipts**

Mon — I practiced: \_\_\_\_\_

Tue — I practiced: \_\_\_\_\_

Wed — I practiced: \_\_\_\_\_

Thu — I practiced: \_\_\_\_\_

Fri — I practiced: \_\_\_\_\_

Sat — I practiced: \_\_\_\_\_

Sun — I practiced: \_\_\_\_\_

**Reflection**

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Change is a season, not a sprint. When the old sentence returns—"I'll never change"—greet it as an old safety story and return to your next two-minute step. Each mark you make here is a quiet receipt that your life is already moving.

Next Start Date

Signature to Myself