

28-Day Progress Tracker

Track three items each day. Circle or write a number from 0–10 for Trust in My Read. Estimate minutes you spent in rumination. Record at least one boundary/request.

Week 1	Trust in my read (0–10)	Minutes of rumination	One boundary/request I made
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Week 2	Trust in my read (0–10)	Minutes of rumination	One boundary/request I made
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

Week 3	Trust in my read (0–10)	Minutes of rumination	One boundary/request I made
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Week 4	Trust in my read (0–10)	Minutes of rumination	One boundary/request I made
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			

Environment Audit

Scan your Reality Logs for rooms, platforms, and patterns that ignite the inner gaslight. Make one reduce and one add edit for each context.

Context	Reduce (trigger)	Add (protective factor)

Ally Map

Name	Best way to ping	What I ask for

