

# Promises to Yourself

*A Q1 wrap-up & Q2 reset*

## 1 WHAT DID YOU PROMISE?

*No phone. No notes. Just memory. Write down everything you thought you'd do in January. All of it. No judgment.*

---

---

---

---

---

## 2 WHAT ACTUALLY HAPPENED?

*Now look. Photos, calendar, journal, Notion. Collect the evidence. First words only – not full sentences.*

---

---

---

---

---

## 3 FIND THE GAP

*Three words only. Why did the gap exist? Don't overthink it.*



## STAKE IN THE GROUND

One promise for Q2. Write it. Say it out loud.

*In Q2, I will –*

---

---

YOUR NAME DATE

---

---