

Proof Log

Tracking the tiny evidence that you're actually moving

By now you've done the work of seeing what you built that doesn't feel like you anymore, and you've named where you're heading next — in your consciousness, your headspace, and your heart.

TIP — EMBODIMENT

Where it drops into your heart is through embodiment. If you already know where you're going next, and you're standing on the foundation of what you've built before — walking it out and speaking it out loud (however you process) *is* the embodiment. As you walk it and process it, it deepens you into your heart space — and a next step is born from that.

My next step (write it down):

The Log

Starting the next day, track the tiny evidence that you're actually moving with it. Tiny counts — a conversation, a yes, a door opening, a feeling landing differently.

Date	Tiny evidence I'm moving	Adjustment I'm noticing (this is normal — not a wrong turn)

TIP — ADJUSTMENTS ARE PART OF IT

With tiny evidence that you're moving also comes opportunities for adjustment, based on what you're actually visioning to build. Those adjustments are okay — they're not proof you're off track. They're part of how the path sharpens.