

She Decides

The Daily Identity Journal

Daily prompts for the woman you're becoming.

BECOME HER

BUILD SELF TRUST

RECOVER FASTER

*Use this journal every morning to vote for the woman you're becoming.
One prompt. One decision. One day at a time.*

How to Use This Journal

01

Every morning, open to today's date.

02

Read the Reset prompt at the top of the page.

03

Answer honestly — not perfectly. There are no wrong answers here.

04

Set one small promise for the day. Write it down.

05

At night, check in. Did you keep the promise? No judgment — just evidence.

"Every decision is a vote for the woman you're becoming."

— Kaitlyn Talamante, LadyBoss

Remember: You are not here to be perfect. You are here to become her.

Date: _____

Today's Prompt*What would the woman I'm becoming choose today?*

MORNING REFLECTION

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What is one small promise I can make — and keep — today?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*If today doesn't go perfectly, what will my next decision be?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What identity am I practicing with my choices today?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What does keeping today's promise prove about who I'm becoming?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What does 'adjusting' instead of 'quitting' look like for me today?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What would she choose for her body today?*

MORNING REFLECTION

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What is the smallest promise I can make that I know I'll keep?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What is one thing I can do to return — not restart — if I get off track?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

How does the woman I'm becoming talk to herself on hard days?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What evidence am I creating today that I can trust myself?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What does recovery look like for me — not punishment, not perfection?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What decision today is a vote for her — even if it's small?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What promise have I been avoiding making because I'm afraid to break it?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What is one disruption I can prepare for this week — and my plan to return?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What does she believe about herself that I'm still learning to believe?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What is one deposit I can make into my self-trust account today?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What would I say to a friend who had the same setback I had? Say it to yourself.

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

If I woke up tomorrow already being her, what would I do differently today?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What does it feel like to be someone who keeps her promises?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What is the fastest way I can return after a hard day — without drama?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What habit or choice today represents the woman I'm building?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What is one area where I've already proven I can trust myself?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What does 'adjusting' look like this week instead of 'restarting'?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What would she say to herself at the end of today?*

MORNING REFLECTION

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What is one promise I've been making to myself that I need to simplify?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What is one thing I can do right now to shorten the distance between disruption and return?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What does the woman I'm becoming do when no one is watching?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt

What would change if I truly believed my word meant something — to myself?

MORNING REFLECTION

TODAY'S PROMISE

One small promise I will keep today:

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

Date: _____

Today's Prompt*What is my personal recovery mantra for when life gets hard?***MORNING REFLECTION**

TODAY'S PROMISE*One small promise I will keep today:*

EVENING CHECK-IN

Did I keep my promise today?

☐

Yes

☐

Not yet

What I'm proud of today:

You showed up. Every day.

That is what she does.

You have just spent 30 days voting for the woman you're becoming. Those votes compound. They always do.

Your Next Step

Your strategy call is your next vote. Show up ready to become her — for real this time.

The Promise Tracker

Your 7-Day Self-Trust Starter

*One small promise. One day at a time.
This is how you rebuild trust with yourself.*

*"You don't become confident by believing in yourself.
You become confident by becoming believable to yourself."*

— Kaitlyn Talamante

What Is Self Trust?

Self trust is not positive thinking. It is not waking up one morning and deciding to believe in yourself.

Self trust is accumulated evidence.

Every time you make a realistic promise and keep it, you make a deposit into your self-trust account.

Every time you make an impossible promise and break it, you make a withdrawal.

Some of us have been making withdrawals for years — not because we are incapable, but because we kept making promises built for a fantasy version of our lives.

This tracker changes that.

For the next 7 days, you will make one small promise each day.
Not the most impressive promise. The one you will actually keep.

The Rule: Make the promise small enough to keep. Then keep it.

Those things may look small. They are not small. They are votes.

Your Self-Trust Bank

DEPOSITS +

- ✓ Drink your water today
- ✓ Walk for 10 minutes
- ✓ Eat protein at breakfast
- ✓ Go to bed on time
- ✓ Keep one small promise
- ✓ Show up when you don't feel like it
- ✓ Choose her — even once

WITHDRAWALS -

- ✗ Promise 5 workouts, do zero
- ✗ Swear off sugar, eat the whole bag
- ✗ Set a 5am alarm, sleep until 8
- ✗ Say 'I'll start Monday' — again
- ✗ Make an impossible promise
- ✗ Attack yourself for being human
- ✗ Quit instead of adjust

*Small deposits compound. You don't need a perfect week.
You need one kept promise — today.*

Date: _____

Today's Reflection

*What is the ONE promise you can make today that you know you'll keep?
Not impressive. Keepable.*

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

Date: _____

Today's Reflection

What does keeping today's promise prove about who you're becoming?

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

Date: _____

Today's Reflection

What would happen if you made this promise every single day for 30 days?

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

Date: _____

Today's Reflection

What evidence have you created in the last 3 days that you can trust yourself?

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

Date: _____

Today's Reflection

If today doesn't go perfectly, what is your next available decision?

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

Date: _____

Today's Reflection

How does it feel to have kept 5 promises in a row? What does that mean about you?

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

Date: _____

Today's Reflection

What does it mean to be someone whose word means something — to yourself?

MY PROMISE TODAY

I promise to:

Why this promise matters to me:

EVENING CHECK-IN

Did I keep my promise?

☐

Yes — I kept it

☐

Not yet

What I noticed about myself today:

Every promise I keep is a deposit. Every deposit builds the woman I'm becoming.

My 7-Day Promise Log

Day	My Promise	Kept?	What I Noticed
1		☐	
2		☐	
3		☐	
4		☐	
5		☐	
6		☐	
7		☐	

Total Promises Kept This Week:

 / 7

WEEK REFLECTION

What does this week prove about who I'm becoming?

You kept your word.

That changes everything.

Seven days of deposits. Seven days of evidence.
Seven days of becoming the woman who keeps her promises.

You don't need to be perfect. You need to be consistent.
And you just proved you can be.

Your Next Step

Your strategy call is your next deposit. Show up and keep the promise.



RESET #1

*Every
decision
is a vote.*

For the woman
you're becoming.

*What would
she choose?*

BECOME HER



RESET #2

*Keep
the
promise.*

*You don't become
confident by believing
in yourself.*

You become confident
by becoming believable
to yourself.

BUILD SELF TRUST



RESET #3

Healthy women recover.

They don't restart.

They adjust.

Recovery is a skill.
Not a personality trait.

RECOVER FASTER



The Three Resets.

01

BECOME HER

*Every decision is a vote
for the woman you're becoming.*

02

BUILD SELF TRUST

*Keep the promise.
Every deposit matters.*

03

RECOVER FASTER

*Healthy women recover.
They don't restart.*

*She decides.
She keeps the promise.
She recovers.*

She Decides.

My Three Resets

RESET #1 — BECOME HER

"Every decision is a vote for the woman I'm becoming."

What would she choose?

RESET #2 — BUILD SELF TRUST

"Keep the promise."

Make the promise small enough to keep. Then keep it.

RESET #3 — RECOVER FASTER

"Healthy women recover."

Miss a workout → Tomorrow. Eat a cookie → Lunch. No drama.

Put this where she can see it.

My Commitment to Her.

The Reset I need most right now:

My one small promise for today:

What she looks like in 90 days:

Signed:

She keeps her word.