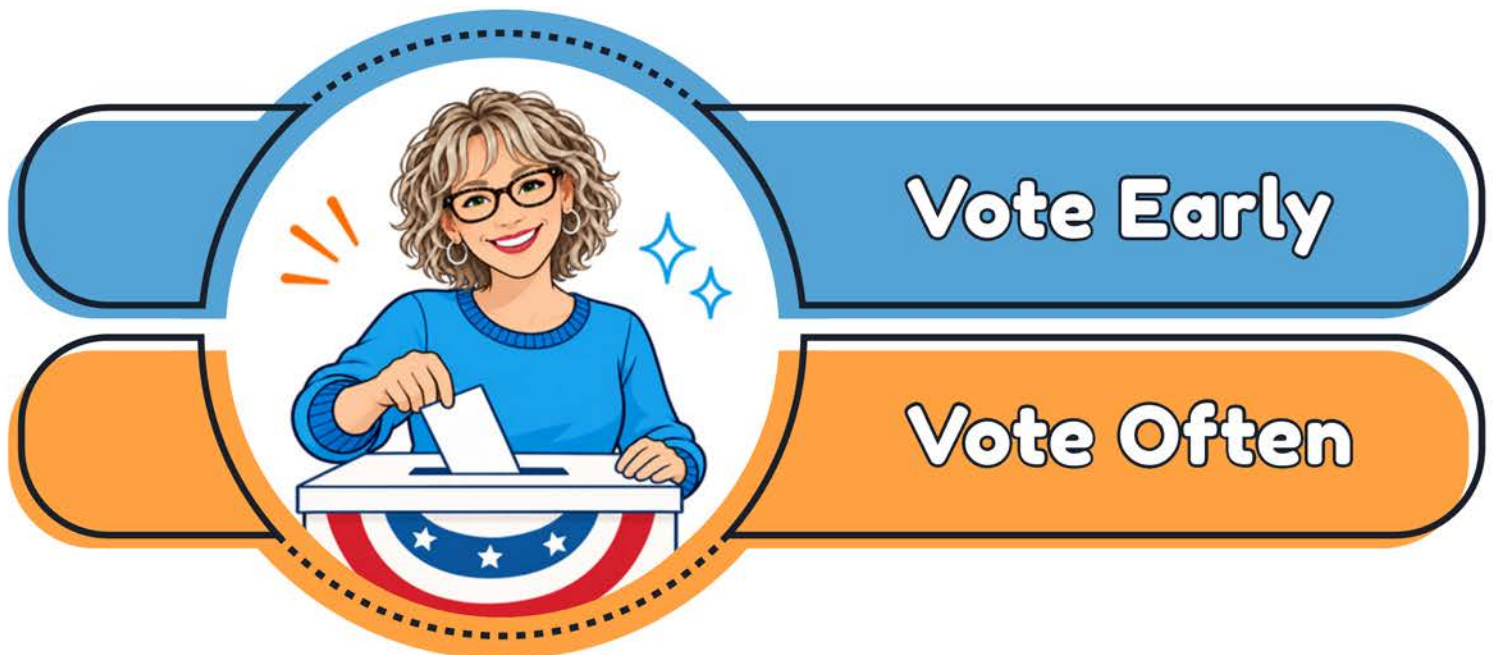


The BDLM Unjournal

For stubborn habits and people tired of negotiating with themselves.

30 Days of Evidence for
the Person You're Becoming.



POLLS ARE OPEN EVERY DAY.

The Being–Doing–Living Method™
wendyrahn.com

Wendy Rahn | Identity-First Coaching for Stubborn Habits
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WELCOME!

The Unjournal is for people who already know quite a lot about what they “should” be doing and why they should be doing it, but who are finding that they can’t bridge the gap between knowing and doing. It’s for people who have tried a few times to change a habit but found their motivation for doing it evaporating around day 4. If that sounds like you, The Unjournal can help you turn your “shoulds” into actions you actually practice.

At the core of the Unjournal is **The Being–Doing–Living Method™**, a methodology for bridging the knowing-doing gap. It doesn’t begin with the results or outcomes you think you want. It starts somewhere else: the person you are becoming.

BEING: *Who are you practicing being?*

DOING: *What small actions give you evidence for that identity?*

LIVING: *What makes the new route easier to keep choosing in actual life?*

Why start with identity? Motivation is useful. Willpower is useful. Neither is especially dependable. They go up and down with sleep, stress, schedules, moods, other people, and whether the couch has launched an unusually persuasive campaign. Identity gives you something steadier to practice. Each time you act like the person you’re becoming, you create a little more evidence that this is, in fact, what you do.

Why an Unjournal? A habit-change tool needs to do two things: provide a way for you to notice patterns and to track evidence of the person you are becoming. It does not require writing three paragraphs about your feelings every Tuesday. So the Unjournal is deliberately light on writing, occasionally a bit quirky, and sometimes a little fun.

And yes, it’s really free. You don’t have to give me your email, sit through a sales pitch, or unlock Day 17 by booking a call. I made it because useful tools should sometimes just be useful tools.

How it works. I spent much of my earlier life as a political scientist studying how identity shapes behavior, including who turns out to vote. So when James Clear later described actions as “votes” for an identity, the metaphor felt like home. Here, those votes become your **Identity Election**: a simple way to make the evidence for the person you’re becoming visible.

Keep the election in sight. If you’re using a printed copy, consider pulling out the Identity Election page, or printing a second copy of it, and putting it somewhere you’ll see it. It gives you one quick visual of the evidence accumulating across the month, even when the individual days might be kind of messy.

Most weekdays are deliberately quick: record the day’s evidence, notice what helped, and move on. Friday looks ahead to the weekend. Saturday looks for evidence “in the wild.” Sunday changes things up. Start on any day. Thirty days is enough to learn something, not a magic deadline for becoming a new human.



Not sure which stubborn habit to work on? Try the free **Stubborn Habit Self-Audit™** at wendyrahn.com.

Need another brain in the room? If your 30 days turn up a pattern you’d like help making sense of, you can learn how we can work together at wendyrahn.com.

SO ... WHAT'S AN UNJOURNAL?

A journal usually asks you to write about what happened.

An Unjournal asks you to notice your behavior, make a few marks, and get on with your life.

For the next 30 days, you'll practice one identity connected to one stubborn habit. Most days, this will take a minute or two. You'll record the evidence you created, notice what helped, and occasionally play a small game designed to help you see the pattern from a different angle.

The point is not to prove that you can behave beautifully for 30 straight days. It's to collect enough real-life evidence to see what is changing, what keeps getting in the way, and what might be worth adjusting.

Thirty days isn't a magic habit-formation deadline. It's long enough to collect some useful evidence, spot patterns, and see what deserves another look.

Start when you want. The weekly pages run Monday through Sunday. Because weekends can pose challenges for routines, the weekend pages of The Unjournal are a little different too. If you start on a different day the first week, simply cross out the days you don't use. For example, if you start on Wednesday, cross out Monday & Tuesday. On your last week, stop when Day 30 arrives.

Start today no matter what day it is. *We are not turning "wait until Monday" into the first habit of the Unjournal.*

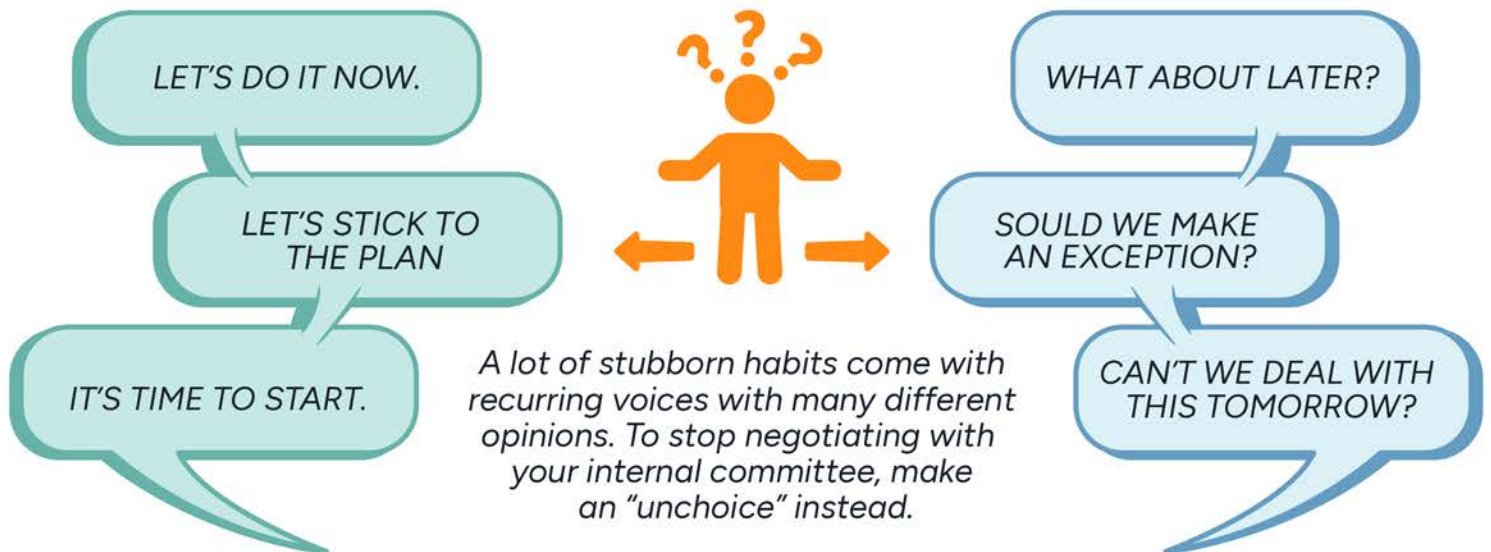


I bought another journal but I wonder whether I'll use it? Writing a long reflection every day just feels like another chore.



NO TEDIOUS ESSAYS IN RESPONSE
TO GRANDIOSE QUESTIONS.

NO REQUIREMENT TO BECOME
SOMEONE WHO
ENJOYS JOURNALING.



A lot of stubborn habits come with recurring voices with many different opinions. To stop negotiating with your internal committee, make an "unchoice" instead.

THE UNCHOICE

Some decisions genuinely need thought. Others have simply been discussed by the committee over and over again. Identity-first habit change moves an important choice *upstream*. Instead of renegotiating the same question every time you are tired, tempted, busy, bored, or standing in the kitchen at 5:37 p.m., you begin practicing an answer to a different question:

Who am I becoming?

A useful identity does not eliminate choice. It reduces the number of times you have to remake the same choice. Eventually, the desired action can feel less like:

What should I do?

and more like

This is simply what I do now.

This is the **unchoice**. Not the absence of agency, but a decision that has become less debatable because it fits the person you are practicing being.



*The committee has been heard.
We are adjourned.*

TRY YOURS:

For the next 30 days I'm practicing being someone who ...

WHAT COUNTS AS EVIDENCE?

Your new identity gets more believable when you do something that supports it.



✓ CLEAR VOTE

You did something that directly supported the identity you're practicing.

EXAMPLES

- **Follow-through:** You began the task you had been avoiding.
- **Movement:** You took the walk you planned.
- **Evening habits:** You came home and chose an alcohol-free alternative instead of your usual drink.

● TINY VOTE

You made a smaller move in the same direction. Tiny beats nothing every single time.

EXAMPLES

- **Follow-through:** You opened the file and worked for five minutes.
- **Movement:** You walked around the block instead of doing the longer walk.
- **Evening habits:** You interrupted the automatic pour and gave yourself 30 alcohol-free minutes before deciding what to do next.

— NOT TODAY

*No vote cast today.
A non-vote is data, not drama.*

NO VOTE TODAY? POLLS REOPEN TOMORROW.

WHAT IS RECALCULATING?

The old route showed up and you made a concrete adjustment.

Recalculating can happen alongside
a Clear Vote, a Tiny Vote, or Not Today.

↻ RECALCULATED

Recalculating isn't
another kind of vote.

It tells you something about how you got there. Maybe the original plan fell apart. Maybe you caught yourself halfway down the old route. Maybe you noticed something in your setup wasn't helping.

You recalculated when you made a conscious, concrete adjustment instead of treating the original plan as the only chance to succeed.

Recalculating tells you what you did when real life interfered. A recalculation might lead to a Clear Vote, a Tiny Vote, or Not Today. What matters is that you changed something concrete.



ROAD CLOSURE.
Better try a different route.

EXAMPLES

- Missed morning walk → walked around the block after dinner = Tiny + Recalculated
- Caught yourself procrastinating → moved phone away and started = Clear + Recalculated
- Missed the walk entirely → put shoes by the door for tomorrow = Not Today + Recalculated

Set Up Your Experiment

You do not need a master plan. You do need a few useful decisions made before real life starts improvising.



1. THE HABIT

The stubborn habit I want to work with is:

2. THE IDENTITY

For the next 30 days, I'm practicing being someone who ...

3. THE CLEAR VOTE

A clear vote for this identity might look like:

4. MY TINY VERSION

A lower-effort version that would still count.

5. LIKELY TROUBLE

The old route is most likely to show up when:

6. PRACTICAL SUPPORT

I can make the new route easier by:

**IF THE PLAN GOES
SIDEWAYS ...**

One concrete recalculating move I can make is ...

Think ahead. What's a useful adjustment you can make when real life intervenes?

Your Identity Election



THE CANDIDATE: The person you're becoming

For the next 30 days, I'm practicing being someone who ...

01 ☐ ↻	02 ☐ ↻	03 ☐ ↻	04 ☐ ↻	05 ☐ ↻	06 ☐ ↻
07 ☐ ↻	08 ☐ ↻	09 ☐ ↻	10 ☐ ↻	11 ☐ ↻	12 ☐ ↻
13 ☐ ↻	14 ☐ ↻	15 ☐ ↻	16 ☐ ↻	17 ☐ ↻	18 ☐ ↻
19 ☐ ↻	20 ☐ ↻	21 ☐ ↻	22 ☐ ↻	23 ☐ ↻	24 ☐ ↻
25 ☐ ↻	26 ☐ ↻	27 ☐ ↻	28 ☐ ↻	29 ☐ ↻	30 ☐ ↻

DD / MM / YY ← DATE

00 ☒ ↻
--

X if recalculated

Record Your Vote

- ✓ Clear vote
- Tiny vote
- Not Today



NO VOTE TODAY?
Polls Reopen Tomorrow.

**YOU DO NOT NEED 30-0
TO WIN YOUR ELECTION!**

The BDLM Unjournal

Using the Daily Pages

It takes less than a minute to record the evidence of the person you are becoming.

I'm practicing being someone who ... _____



1

Cast Today's Vote.

Choose One:

✓ Clear • Tiny — Not Today

2

Check recalculated if needed

If the old route showed up and you made a concrete adjustment, mark X if

☒ ↻ Recalculated

3

Mark What Helped

Check any support that made the new route easier.

- | | |
|--|--|
| ☒ Plan | ☐ Energy |
| ☐ Place | ☒ Person |
| ☐ Time | ☐ Setup |

4

Add a one-word field note

Optional. Just enough to help you remember the flavor of the day.

EXAMPLES: relaxed, stressed, frustrated, productive, worried



NOTICE. NAVIGATE. NEXT.

SAVE THIS PAGE FOR DAY 30.

DAY 30

Look What You Know Now.



You just spent 30 days paying attention differently.

Habit change doesn't happen by magic or on a predictable timeline. But 30 days is enough time to collect useful evidence about the person you're becoming: what helps, what gets in the way, what's possible, and what you need or want more of. That's progress.

What happens next?

There is no single "right" next step. A few options to keep the momentum going:

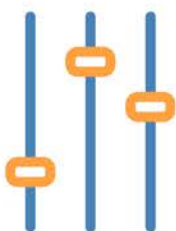


KEEP GOING

Keep collecting evidence and let the new route get more familiar. New identities get stronger with more time and real-life practice.

RUN ANOTHER EXPERIMENT

Same identity, different approach, or a new stubborn habit. Stay curious and see what you learn.



ADJUST SOMETHING

Change the timing, setup, the tiny version, support, or the plan. Small tweaks can make a big difference.

GET SOME HELP READING THE EVIDENCE

A fresh perspective can help you spot patterns, make sense of what you've learned, and choose what's next.



MY NEXT MOVE

What's one thing you want to try, keep, or explore next?



NEED ANOTHER BRAIN IN THE ROOM?

If you'd like help figuring out what to do about the patterns you've detected, explore coaching at

wendyrahn.com

You don't need to reinvent yourself. We'll start with what you've already learned.



NOTICE. NAVIGATE. NEXT.

The BDLM Unjournal

MONDAY

___/___/___
DATE

TODAY'S EVIDENCE

✓ Clear • Tiny — Not Today

☐ ↻ Recalculated?

WHAT HELPED?

☐ Time ☐ Place ☐ Setup
☐ Plan ☐ Person ☐ Energy

ONE-WORD FIELD NOTE



TUESDAY

___/___/___
DATE

TODAY'S EVIDENCE

✓ Clear • Tiny — Not Today

☐ ↻ Recalculated?

WHAT HELPED?

☐ Time ☐ Place ☐ Setup
☐ Plan ☐ Person ☐ Energy

ONE-WORD FIELD NOTE



WEDNESDAY

___/___/___
DATE

TODAY'S EVIDENCE

✓ Clear • Tiny — Not Today

☐ ↻ Recalculated?

WHAT HELPED?

☐ Time ☐ Place ☐ Setup
☐ Plan ☐ Person ☐ Energy

ONE-WORD FIELD NOTE



THURSDAY

___/___/___
DATE

TODAY'S EVIDENCE

✓ Clear • Tiny — Not Today

☐ ↻ Recalculated?

WHAT HELPED?

☐ Time ☐ Place ☐ Setup
☐ Plan ☐ Person ☐ Energy

ONE-WORD FIELD NOTE



The BDLM Unjournal: Weekend Edition

Friday

DATE ____/____/____

Today's Evidence

✓ Clear • Tiny - Not Today
☐ ↻ Recalculated?

What Helped?

☐ Plan ☐ Person
☐ Place ☐ Energy
☐ Time ☐ Setup



WEEKEND FORECAST

MOST LIKELY WEATHER SYSTEM

Check all that apply

- | | |
|--|--|
| ☐ Party Precip | ☐ Draining Drizzle |
| ☐ Stormy Schedule | ☐ Travel Tornado |
| ☐ Blustery Brunch | ☐ Rain of Relatives |
| ☐ Lazy Low Pressure | ☐ Foggy Fatigue |

My weekend umbrella (back up plan)

... in case Mother Nature has a surprise for me.

EXAMPLE: I'll bring a mocktail to the party.



Saturday

DATE ____/____/____



EVIDENCE IN THE WILD

Spotted: unplanned evidence of acting like the person I'm becoming.

EXAMPLE: I passed the bakery and just kept walking.

I SURPRISED MYSELF TODAY
BY DOING:



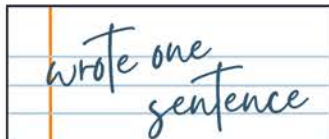
DATE ____/____/____

THE BDLM UNJOURNAL Sunday Scavenger Hunt

Circle anything you spotted this week. No minimum score.



Walked around the block



USED THE TINY VERSION

Smaller, still counted



**CAUGHT MYSELF BEFORE
AUTOPILOT**

Paused before the pour, scroll,
couch, or old default.



ACCEPTED SUPPORT

Help, company, a reminder, or
another brain in the room.



STARTED ANYWAY

Opened the file. Put on
the shoes. New evening routine.



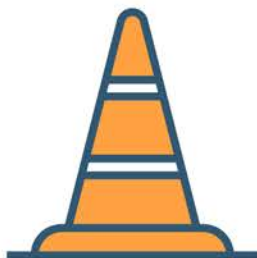
RECALCULATED

Changed something instead of
abandoning the day.



MADE THE NEW ROUTE EASIER

Set something up so the new
behavior is more accessible.



**MADE THE OLD
ROUTE HARDER**

Added a little friction to
the old default.



WOBBLED. MOVED ON.

Didn't make it a whole thing.



SURPRISED MYSELF

Would you look at that!

Anything you circled is evidence for the person you are becoming. No need to circle everything.
Next Sunday, something different!

NOTICE. NAVIGATE. NEXT.

The BDLM Unjournal

MONDAY

___/___/___
DATE

TODAY'S EVIDENCE

✓ Clear • Tiny — Not Today

☐ ↻ Recalculated?

WHAT HELPED?

☐ Time ☐ Place ☐ Setup
☐ Plan ☐ Person ☐ Energy

ONE-WORD FIELD NOTE



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Today's Evidence

✓ Clear • Tiny - Not Today
☐ ↻ Recalculated?

What Helped?

☐ Plan ☐ Person
☐ Place ☐ Energy
☐ Time ☐ Setup



WEEKEND FORECAST

MOST LIKELY WEATHER SYSTEM

Check all that apply

- | | |
|--|--|
| ☐ Party Precip | ☐ Draining Drizzle |
| ☐ Stormy Schedule | ☐ Travel Tornado |
| ☐ Blustery Brunch | ☐ Rain of Relatives |
| ☐ Lazy Low Pressure | ☐ Foggy Fatigue |

My weekend umbrella (back up plan)

... in case Mother Nature has a surprise for me.

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Saturday

DATE ____/____/____



EVIDENCE IN THE WILD

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EXAMPLE: I passed the bakery and just kept walking.

I SURPRISED MYSELF TODAY
BY DOING:



DATE ____/____/____

THE BDLM UNJOURNAL

Sunday Route Detective

No lengthy incident report required.



Circle the "suspects" that kept appearing near the old route this week.



Transition?



Low Energy?



A Feeling?



Specific Place?



Time of Day?



Scrolling?



Couch Called?



Person/People?

Prime Suspect?



NOTICE. NAVIGATE. NEXT.

The BDLM Unjournal

MONDAY

___/___/___
DATE

TODAY'S EVIDENCE

✓ Clear • Tiny — Not Today

☐ ↻ Recalculated?

WHAT HELPED?

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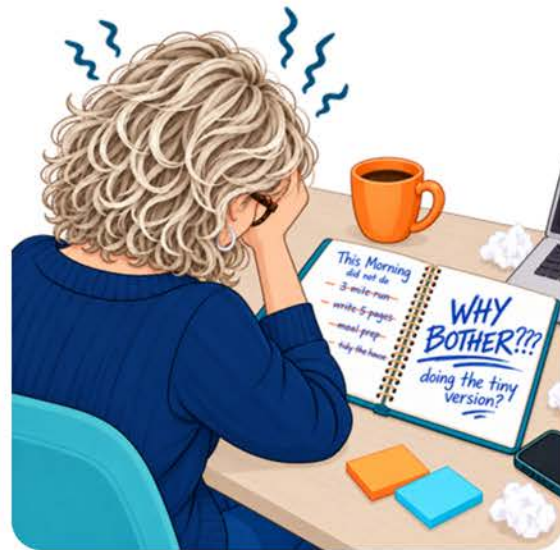
The Internal Committee

Which committee member had the floor most often this week?



THE EXCEPTION LAWYER

But today is different.



THE PERFECTIONIST

If I can't do the full version, it's pointless!



TOMORROW ME

I'll absolutely handle this tomorrow.



THE NEGOTIATOR

What if we changed the rules just once?

YOU ARE THE COMMITTEE CHAIR.

Adjourn the meeting with these:

- *Do the next useful thing today.*
- *Tiny still counts.*
- *Recalculate, don't restart.*
- *We've already decided this.*

NOTICE. NAVIGATE. NEXT.

The BDLM Unjournal

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THE BDLM UNJOURNAL

Sunday Recalculating

Replay or Rehearse?

*Did the old route show up
anywhere this week?*



Replay a Detour

YES!

Pick a moment from the week
when the plan met real life.

NO!

Rehearse One

Where is the old route most
likely to show up next week?



Do the Tiny Version

What's the smallest helpful
version I could do?



Change the Setup

What do I need to
set up differently next time?





Make a Move that Helps Tomorrow

What's one simple move that sets me
up for a smoother week?



Change the Time or the Place

Would a different time or place
make this easier?





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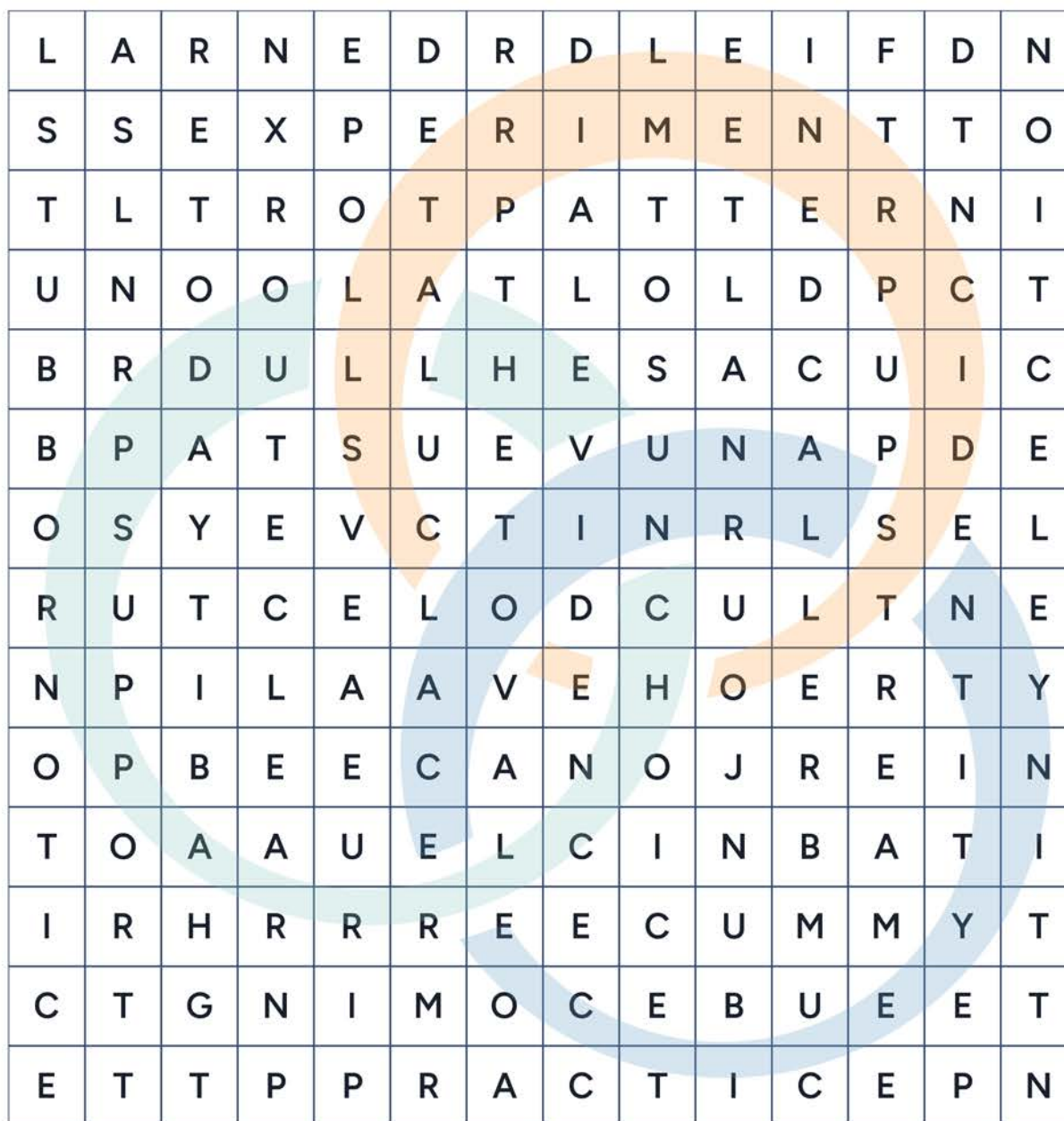
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BY DOING:



DATE ____/____/____

THE BDLM UNJOURNAL

Sunday Word Search



Find the words below in the grid above.

Hint: Some words are spelled backwards and some letters are shared by more than one word.

UPSTREAM	ROUTE	PRACTICE	EVIDENCE	UMBRELLA
IDENTITY	UNCHOICE	STUBBORN	EXPERIMENT	HABIT
BECOMING	RECALCULATED	UNJOURNAL	FIELD	PATTERN
POLLS	TINY	SUPPORT	VOTE	TODAY
ELECTION	CLEAR	NOTICE		

THE BDLM UNJOURNAL

Sunday Word Search KEY

L	A	R	N	E	D	R	D	L	E	I	F	D	N
S	S	E	X	P	E	R	I	M	E	N	T	T	O
T	L	T	R	O	T	P	A	T	T	E	R	N	I
U	N	O	O	L	A	T	L	O	L	D	P	C	T
B	R	D	U	L	L	H	E	S	A	C	U	I	C
B	P	A	T	S	U	E	V	U	N	A	P	D	E
O	S	Y	E	V	C	T	I	N	R	L	S	E	L
R	U	T	C	E	L	O	D	C	U	L	T	N	E
N	P	I	L	A	A	V	E	H	O	E	R	T	Y
O	P	B	E	E	C	A	N	O	J	R	E	I	N
T	O	A	A	U	E	L	C	I	N	B	A	T	I
I	R	H	R	R	R	E	E	C	U	M	M	Y	T
C	T	G	N	I	M	O	C	E	B	U	E	E	T
E	T	T	P	P	R	A	C	T	I	C	E	P	N