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70-DAY CHANGE CALENDAR



A GENTLE, REALISTIC WAY TO TRACK WHAT'S SHIFTING.



WHY A 70-DAY WINDOW?

The 70-day window is the average amount of time it takes for your brain and body to adapt to a new pattern.

- **Not mastery**
- **Not perfection**
- **Just familiarity**

This calendar is here to help you notice the small shifts — the ones that are easy to miss but impossible to fake.

**There is no “should” here.
Only “could.”**



HOW TO USE THIS CALENDAR

- Choose *one* thing you want to explore or shift. Each day, write one sentence — no more.
- Focus on what softened, what surprised you, or what felt possible.
- If you miss a day, skip it. Don't rewrite the past.
- Every 10 days, complete the reflection.

This is a **gentle practice**, not a performance.

DAYS 1-10



DAILY PROMPTS - choose one each day

- What felt possible today?
- What did my body say yes to?
- What felt easier than yesterday?
- What am I learning?
- What am I resisting?
- What softened?
- What surprised me?
- What am I proud of?
- What am I releasing?
- What could I try tomorrow?

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

DAYS 11-20

- What felt easier than last period?
- What did I release today?
- What energized me?
- What drained me?
- What am I curious about?
- What did I avoid — and why?
- What did I handle better than expected?
- What did I notice about my patterns?
- What am I craving?
- What could I simplify?

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

DAYS 21–30

- What am I accepting?
- What am I questioning?
- What am I growing toward
- What am I letting go of
- What am I grateful for
- What am I grieving
- What am I adapting to
- What surprised me about myself
- What am I choosing today
- What could do with less effort

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

DAYS 31–40

- What feels familiar now?
- What still feels new?
- What am I trusting?
- What am I doubting?
- What softened these past 10 days?
- What am I proud of?
- What am I learning about my limits?
- What am I learning about my possibilities?
- What am I ready to try?
- What has made me want to quit?

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

DAYS 41-50

- What feels sustainable?
- What feels temporary?
- What am I adapting to?
- What am I resisting less?
- What am I noticing in my body?
- What am I noticing in my energy?
- What am I noticing in my mindset?
- What I'm choosing on purpose?
- What softened this period?
- What could I build on?

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

DAYS 51–60

- What feels easier now?
- What still feels tender?
- What am I proud of today?
- What am I learning about myself?
- What am I ready to release?
- What surprised me this period?
- What am I growing into?
- What am I letting be imperfect?
- What am I allowing?
- What frustrates me?

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

DAYS 61–70

- What feels possible now?
- What feels different from Day 1?
- What softened this period?
- What am I grateful for?
- What am I still learning?
- What am I ready to claim?
- What am I ready to stop carrying?
- What am I proud of in this process?
- What am I becoming?
- What could I do next?

10 DAY REFLECTION:

- What changed, even slightly?
- What stayed the same?
- What am I noticing about myself?
- What deserves more time?

FINAL PAGE — What Shifted?

- What changed?
- What didn't?
- What softened?
- What surprised me?
- What am I proud of?
- What am I still learning?
- What *could* I do?

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