



70-Day Change  
Living the Could Life

***Your emotionally honest companion.***

## **The Truth about Change**

- **Change is not instant.**
- **It's not linear.**
- **It's not a test of willpower.**

**Your brain needs time — about 70 days — to stop treating something as “new” and start treating it as “normal.”**

**This workbook is a place to track the tiny shifts that add up to something real.**

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**Your Starting Point - Follow the prompts.**

**If you run out of space, feel free to add more sheets or use a journal.**

**What's changing for me right now? (Write freely.)**

**What hurts or feels hard? (One paragraph.)**

**What feels possible, even a little? (One sentence.)**

**What am I afraid of? (One honest line.)**

**What am I hopeful for? (One honest line.)**

### **The Two Could**

**Present-tense could:**

**What *could* I do today, with the energy and capacity I have?**

**Future-tense could:**

**Who *could* I become over time? (One honest line.)**

**How I'll use both: (Short reflection.)**

**Daily Pages (70 total)**

**Each day gets one page with the following prompts:**

- **Today's energy: low / medium / high**
- **What did I notice in my body today?**
- **What felt easier, even if only by 1%?**
- **What felt harder or heavier?**
- **What surprised me?**
- **What do I want to remember from today?**

**Find a cozy space, maybe listen to relaxing or motivational music. Grab your favorite beverage. (We have some suggestions for comfort items in our Show Notes.)**

**Take a minute to think about your answers. No need to rush.**

**You will also have reflection prompts at the end of each week just to keep track of your progress.**

### **Your Weekly Reflection Prompts**

- **What softened?**
- **What stayed the same?**
- **What surprised me?**
- **What am I proud of?**
- **What am I grieving?**
- **What am I growing toward?**
- **What could I try next week?**

**Let's start!**

**DAY 1**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 2**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 3**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 4**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 5**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 6**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 7**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 8**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 9**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 10**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 11**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 12**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 13**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 14**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 15**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 16**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 17**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 18**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 19**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 20**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 21**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 22**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 23**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 24**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 25**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 26**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 27**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 28**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 29**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 30**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 31**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 32**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 33**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 34**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 35**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 36**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 37**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 38**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 39**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 40**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 41**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 42**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 43**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 44**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 45**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 46**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 47**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 48**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 49**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 50**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 51**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 52**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 53**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 54**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 55**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 56**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 57**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 58**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 59**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 60**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 61**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 62**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 63**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

## **Your Weekly Reflection Prompts**

**What softened?**

**What stayed the same?**

**What surprised me?**

**What am I proud of?**

**What am I grieving?**

**What am I growing toward?**

**What could I try next week?**

**DAY 64**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 65**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 66**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 67**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 68**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 69**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

**DAY 70**

**-Today's energy: low / medium / high**

**What did I notice in my body today?**

**What felt easier, even if only by 1%?**

**What felt harder or heavier?**

**What surprised me?**

**What do I want to remember from today?**

# Congratulations! You have completed 70 Days!

## FINAL REFLECTION

What changed?

What didn't?

What do I now understand about myself?

What would I like to continue?

What do I want to release?

What *could* I do next?