



That Wasn't Me (But Used to Be)

Old me showed up again. Or didn't. Let's clock the shift and track how much my wiring is actually changing.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Did I catch myself acting in a way that used to feel automatic, but stopped myself?

2. What reaction or reflex showed up that felt like 'old me'? _____

3. How did I feel about that old version when it appeared? _____

4. Was there any pride or sadness in seeing it return? _____

5. What part of me resisted going down the same path again? _____

6. What belief helped me pivot instead of defaulting? _____

7. Did I surprise myself by how I handled something differently? _____

8. What does the gap between 'then' and 'now' feel like? _____

9. If I saw this shift in someone else, what would I call it? _____

10. What did today prove about my evolution, even if it was subtle? _____
