



IDENTITY STATEMENT

Behaviour follows identity. Before you can consistently act differently, you have to decide clearly who you are. This is that decision.

THE MAN I'M BECOMING

Not who you were. Who you're choosing to be.

The kind of man I want to be when porn is no longer part of my life:

What makes this version of me real and not just an idea:

WHAT THAT MAN DOES

Identity without action is just fantasy. Make it concrete.

What that man does instead of watching porn:

What he values above the urge:

How he treats himself when things get hard:

TODAY'S ACTION

One action. Today. That's how identity is built – one rep at a time.

The one action I will take today to become that man:

When exactly I will do it:

What I'll say to myself if the urge comes before then:

Growth lives on the other side of action.