



VICTORY LOG (URGE WINS)

THE RULE

EVERY RESISTED URGE STRENGTHENS YOUR IDENTITY.

WHEN YOU BEAT AN URGE: LOG IT

Use this immediately after an urge passes.

DATE:

TIME:

WHAT TRIGGERED THE URGE?

WHAT DID YOU DO INSTEAD?

HOW LONG DID THE URGE LAST?

IDENTITY REINFORCEMENT

Complete this sentence.

I AM THE KIND OF MAN WHO:

WEEKLY COUNT

TOTAL URGE WINS THIS WEEK: