
I KNOW, BUT...™
A Guided Workbook
Why knowing what needs to change hasn't been enough to change it.
PLANS
PROGRESS
PEACE
ELIZABETH McCOY
EXECUTIVE REST STRATEGIST

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YOUR PATH THROUGH THIS WORKBOOK

You will follow one meaningful disruption through six Parts so you move from recognition to intervention.You will go through the phases below to assist you in this process.

THE PAST: We are clearing the fog of memory to see the structure of your history. By objectively observing the past, you remove the emotional weight of shame and replace it with the calm vision of a researcher.

THE PRESENT: You are pinpointing the exact moment the "knowing" hits the reality of your life. This is about noticing the physical and internal resistance that has kept you stuck, turning vague feelings into actionable observations.

THE RECEIPTS: This is about owning the cost of the gap. You aren't blaming yourself; you are simply accounting for where your energy, time, and peace have gone. Recognizing the "receipts" makes the decision to change inevitable.

THE FUTURE: You are looking at the trajectory of your current patterns. This is a calm, necessary assessment of what happens if you stay on your current path, helping you decide if that destination is truly where you want to be.

THE DECISION: This is where you reclaim your power. You aren't just observing the pattern anymore; you are intervening. This is the moment you transition from a participant in your old life to the author of your next response.

AFTER THE MOVE: The move is the first step, but the "After" is where change becomes real life. You are testing your new responses, refining your boundaries, and learning how to exist in the world as the person who chooses differently.

You do not have to complete Parts I–V in one sitting. Pace yourself; the end of each Part is designed as a natural place to pause, reflect, and integrate your findings before moving forward. Complete Parts I–V thoroughly before attempting the 72-Hour Move. Treat the Move not just as a task, but as your bridge from insight to reality: select a specific, realistic date and time to execute this action and to return to these pages. Part VI is reserved for reflection on your real-world evidence and should only be opened after you have taken your action. This workbook is intentionally spacious, so please take the time you need to capture your full thoughts as you work.

IKNOW, BUT...

Whyknowingwhatneedsto change hasn't been enough to change it.

THE ME. RENAISSANCE

A guided behavioral workbook

BY ELIZABETH MCCOY

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THE PROMISE

You probablydon'tneedanotherperson to tell you what needs to change.

You know.

You know which relationship leaves you depleted.

You know what boundary you keep talking yourself out of.

You know what you keep tolerating.

You know the decision you've been postponing.

You know which version of your life no longer fits.

And knowing matters.

But if knowing were enough, some of this would have changed already.

This workbook isn't about learning more; it's about removing the barrier between what you already know and the life you're actually living.

This isn't about judging yourself for that.

It's about getting curious enough, and honestenough, to understand **what has been standing between what you know and how you live.**

Because there is a cost to that gap.

Some of it you've already paid.

Some of it you're paying right now.

And some of it is waiting for you in a future you may not actually want.

Let's look at the evidence.

BEFORE YOU BEGIN

Begin withthree disruptionstoyourpeace,energy,capacity, relationships, or self-trust that have been difficult to ignore.

Ifyou completed the Peace Protection Audit during a Me. Renaissance experience, you may use the three disruptions you identified there. You do not need to redo the Audit.

Ifyou did not complete the Audit, you have everything you need to begin here. Write down three situations, patterns, responsibilities, relationships, or decisions that have repeatedly made you think, “Something about this needs to change.”

You will choose one disruption and follow it through the entire workbook. Choose something meaningful enough to examine, specific enough to recognize when it happens, and safe enough to explore independently.

You will need this workbook, something to write with, and access to your calendar when you reach the 72-Hour Move.

Use one disruption throughout the workbook. Do not switch topics from exercise to exercise.

Complete Parts I–V in order. You may pause at the end of any Part. When you reach the 72-Hour Move, schedule and take the action before continuing to Part VI.

Part VI is not an optional reflection. It is where you determine what the action taught you.

This workbook is an educational and reflective tool. It is not therapy, crisis support, legal advice, or a substitute for individualized professional guidance.

You may use initials, shorthand, or general descriptions. You do not need to include identifying details about another person.

Ifa question creates more activation than clarity, stop. Put both feet on the floor, look around the room, and decide whether to continue, skip the question, or return later. Completing every prompt is not the goal. Leaving with usable evidence is.

Ifthe situation involves abuse, coercion, threats, stalking, financial control, workplace retaliation, or concern for your immediate safety, do not use this workbook as a reason to confront someone or make an abrupt move. Your next step may be gathering information, making a plan, documenting what is happening, or seeking qualified support.

HOW TO USE THE WRITING PAGES

Exercises are the required path through the workbook.

WHAT CAME UP FOR ME is a brief processing pause after selected exercises. Spend three to five minutes noticing what surfaced. It is not another exercise, and you do not need to fill every line.

WHAT I HAVEN'T SAID YET is a deeper reflection at the end of each Part. Review the work from that Part and respond only to the prompts that matter. You do not have to answer every prompt.

ME. BETWEEN THE LINES is optional additional writing space for anything that does not fit elsewhere.

Write down the **three disruptions that stood out most.**

Disruption #1

I realized: _____

Disruption #2

I realized: _____

Disruption #3

I realized: _____

Now circle the one that made you think:
"I already knew this."

That's the one we're going to follow.

PART I

THE PAST: Understanding Your History and Patterns

This section is not a nostalgic walk through your history, but a systematic deconstruction of the patterns that have kept you in a cycle of "knowing" without changing. There is a profound difference between discovering a problem for the first time and repeatedly recognizing an old acquaintance you have lived with for far too long. By isolating the earliest markers of these disruptions, we can identify the structural foundations—the expectations, roles, and ingrained responses—that support this loop, allowing us to find out which one this is. Part I helps you approach these questions with the detachment of a researcher rather than the lens of a critic, observing your history as data points to gain insight rather than reliving pain. As you uncover the architecture of your past to intentionally redesign your future, pause and take a breath if you feel overwhelmed, returning only when you are ready to observe the facts with clarity.

We're going to find out which one this is.

Exercise 1: The First Receipt

Use the one disruption you circled. Think back to the earliest specific moment you can reasonably remember not necessarily the first time the problem existed, but the first time you clearly recognized that something needed to change. Approximate dates are acceptable.

Complete this sentence:
I first remember knowing this needed to change when...

What specific event or situation made the problem clear?

What did you tell yourself then?

What, if anything, did you decide you would do differently?

INSIGHT: The length of time matters because it turns a realization into evidence. You have not just noticed this once.

Now look at the date.

Approximately how long ago was that?

Days: _____
Months: _____
Years: _____

Sit with that number. As shame or guilt surfaces, place it in the circle on this page. Do not allow it to drive you. You are looking at this number to establish the evidence you need.

As you hold this number, notice your immediate reaction. Does it feel heavy? Does it feel surprising? Does it feel like a lifetime, or a fleeting moment?

This number is not a measure of your failure. It is a measurement of the duration of your pattern. It represents the time you have spent navigating this cycle.

Take a moment to acknowledge the person you were when you first noticed this, and consider the perspective you have gained since then. You are not the same person who first realized this needed to change. You have more information, more experience, and more context now.

Exercise 2: How Many Times Have We Been Here?

Use the same disruption you identified in Exercise 1. We are now mapping the frequency and history of this pattern. Reflect on the repetitive nature of this disruption by answering the following, then select three moments to detail.

Think about the time between that first realization and today.

How many times have you:

- Said, “I'm done”?
- Promised yourself this would be the last time?
- Had the same argument?
- Felt the same resentment?
- Recovered from the same kind of exhaustion?
- Said yes and immediately wished you'd said no?
- Started changing and then returned to the familiar?
- Told someone, “Something has to change”?
- Recognized the pattern after it happened again?

First, estimate how many times you have recognized some version of this same problem since the First Receipt:

Approximately _____ times.

Now choose up to three moments you remember clearly. When possible, select an earlier moment, a middle moment, and a recent moment. You are looking for repetition, not documenting every occurrence. The next three pages will have you list these moments. Brief, concrete facts are enough. The circumstances do not need to be identical. If they differ, identify the element that keeps recurring.

Moment One

What happened?

What did I know afterward?

What, if anything, changed after that moment?

What part of the original pattern eventually returned?

Moment Two

What happened?

What did I know afterward?

What, if anything, changed after that moment?

What part of the original pattern eventually returned?

Moment Three

What happened?

What did I know afterward?

What, if anything, changed after that moment?

What part of the original pattern eventually returned?

WHAT CAME UP FOR ME

Use this page to capture whatever surfaced while you worked. You do not have to answer in complete sentences or make it make sense yet. Write what you noticed, felt, questioned, resisted, remembered, or do not want to lose.

What am I noticing?

Something I don't want to forget:

THE QUESTION

What are you tired of having to learn again?

Don't rush past this page.
There may be something here you've been calling a lesson that has actually become a loop. Journal it here.

WHAT I HAVEN'T SAID YET

Reflections on Part I: The Past

The questions gave you a way into the work. They may not have reached everything. Use this space for what remains unsaid, unresolved, unexpected, or still taking shape.

What surprised me as I looked back?

—----------

What did not surprise me at all?

—----------

What feels different now that I can see how long I have known?

—----------

What I haven't said yet:

ME. BETWEEN THE LINES

Continue here if you need more room

PART II

THE PRESENT: Pinpointing the Gap

Complete these lists to identify the contrast between your internal awareness: the boundaries, needs, and limits you already know, and the reality of your current actions and behavior. As you document this disconnect, pause to scan your body for physical signals of resistance, such as shortened breath or tension in your shoulders, jaw, or chest. Do not justify or judge the gap; simply observe where your behavior separates from what you know so you can analyze what sustains it.

Remember: You don't have an information problem.

Take the disruption you've been following.

Complete both sides honestly.

WHAT I KNOW

I know I need to:

I know I don't want:

I know I feel better when:

I know this situation costs me:

I know the decision I keep avoiding is:

WHAT I'M LIVING

And yet I continue to:

What continues, even though I know I do not want it to:

Ikeep postponing:

When the moment comes to act differently, I:

Exercise 3: Find the Gap

Keep the same disruption in mind. Complete every statement under What I Know and What I'm Living. Then read the two sections together. Do not answer with what you believe should be true; describe what is actually happening.

Name the specific moment, condition, pressure, person, anticipated consequence, or response where your behavior separates from what you know. Do not simply restate the original problem.

For example: The gap shows up when I decide to say no, anticipate their disappointment, and begin explaining until my no becomes a yes.

Now finish:

"The gap between what I know and what I'm living shows up when..."

That is the **Knowing Gap.** Do not let shame or guilt cause you to criticize the gap. The goal is to understand **what keeps it open.**

What keeps a gap open is not always internal. Power, money, caregiving, health, discrimination, organizational culture, and dependence can shape what is possible and what change may cost. Name those conditions honestly.

What is currently constrained or outside my control?

What part of the next response is genuinely available to me?

INSIGHT: Making a decision and maintaining a decision are different skills. Knowing what needs to change is only the beginning; protecting that change requires learning how to live differently after you make the decision.

Exercise 4: What Happens at the Moment of Change?

Choose one recent occurrence of the disruption you have been following. We are going to mentally replay the specific moment when a different response was possible. This is not about the aftermath; it is about that precise, singular second when your choice could have shifted.

Think about that moment clearly. What were you thinking? What were you feeling? What physical sensations arose in your body? What were you anticipating, and what did you feel urged to do?

Consider the specific action you could have taken. Maybe it was a moment where you could have said no, ended the conversation, asked for help, stopped explaining, walked away, delegated a task, spoken your truth, rested, made an appointment, sent an email, honored a previous decision, or simply made the choice you knew you needed to make.

Answer the following questions to deconstruct that exact moment.

What do you usually do instead?

What happens inside you right before you do it?

What are you anticipating might happen if you actually change your response?

Whose reaction, if anyone’s, were you considering?

What might changing require you to tolerate temporarily?

Hesitation is not always avoidance. It may be information.

Discomfort may need to be tolerated. Risk needs to be assessed. Guilt, disappointment, uncertainty, or misunderstanding may accompany change. If the situation involves threats, coercion, retaliation, discrimination, financial dependence, abuse, or a serious power imbalance, the appropriate next response may involve planning, documentation, consultation, protection, or support—not simply tolerating more discomfort.

Exercise 5: What Has Staying the Same Been Doing FOR You?

This question may feel strange but it’s just unfamiliar.

This is not an accusation that you wanted the pattern or caused what happened. Sometimes a response continues because it once protected something important, reduced risk, or helped you function.

If a pattern continues even though it costs us something, there may also be something about the familiar pattern that feels safer, easier, more predictable, or more manageable than changing it.

Check only the statements that genuinely fit. Then circle the one or two that have had the greatest influence on what happens when the pattern appears.

- It helps me avoid conflict.
- It keeps someone from being disappointed in me.
- It allows me to remain the person everyone can depend on.
- It protects a relationship I don't want to risk changing.
- It keeps me from making a difficult decision.
- It lets me avoid being misunderstood.
- It feels familiar.
- It keeps me in a role I know how to perform.
- It protects me from finding out what happens if I choose differently.
- It allows me to keep waiting until I “feel ready.”
- I make temporary changes because permanent ones feel too disruptive.
- I understand the pattern so well that understanding it sometimes feels like changing it.
- Something else: _____

Use the one or two statements you circled. Name what the familiar response has helped you avoid, preserve, postpone, or predict. This does not mean you caused the situation or wanted it to continue.

What external condition, expectation, relationship, or circumstance has also helped keep this pattern in place?

—----------

—----------

Now answer the harder question.

What has staying the same protected you from having to face?

—----------

—----------

INSIGHT: The people around you have learned the version of you that exists today. When your response changes, their response may change too. Disappointment or misunderstanding may require steadiness. Coercion, retaliation, or harm requires protection and support.

Exercise 6: Who Have You Had to Be?

A role is a repeated way of functioning that other people may expect from you—or that you have learned to expect from yourself. It might be “the reliable one,” “the fixer,” “the peacemaker,” “the one who handles it,” or a role you name in your own words.

Keep the same disruption in mind. Name the role you tend to enter when this pattern appears. Then examine both sides: what shaped it, what it made possible, what it still does well, and what it requires from you now.

The goal is not to reject the strong, responsible, or accomplished woman. It is to decide what she should keep carrying and what no longer belongs to her.

Who have you had to be in order to keep this pattern manageable?

—----------

What once made this role necessary or valuable?

—----------

What expectations connected to family, race, gender, profession, leadership, or being “the capable one” may have helped shape this role?

—----------

EXERCISE 6 CONTINUED

What has being this woman allowed you to build, achieve, protect, survive, or maintain?

—----------

—----------

What does this version of you do exceptionally well?

—----------

—----------

What is being this woman costing you now?

—----------

—----------

What parts of this woman do I want to retain?

—----------

—----------

What does she no longer need to do alone?

—----------

—----------

WHAT CAME UP FOR ME

What am I noticing?

—----------

—----------

Something I don't want to forget:

—----------

—----------

WHAT I HAVEN'T SAID YET

Reflections on Part II: The Present

What am I beginning to understand about why knowing has not been enough?

—----------

—----------

What am I noticing about the role I have been playing?

—----------

—----------

What happens at the moment I could change, and what have I not said yet?

—----------

—----------

PART III

THE RECEIPTS: Accounting for the Cost of Knowing

You have uncovered the history of your pattern and the physical, immediate reality of the 'Knowing Gap.' Now, we move to the evidence. This section is an accounting of what that gap has actually cost you. This isn't about shaming yourself for what you've endured; it is about gathering the irrefutable evidence that change is not just an ideal, it is a necessity. By quantifying the time, energy, and peace you've surrendered to the status quo, you move from vague feelings of exhaustion to concrete, undeniable proof. Seeing the 'receipts' of your delay removes the abstract nature of the problem, making the decision to reclaim your life not just an option, but an inevitable next step. Knowing isn't neutral when what you know continues to go unaddressed. We're going to look at what the delay has already cost. Not what *could* happen, but what *has* already happened.

Think of the next exercise as an Evidence Collection exercise. You are not just filling in a list; you are gathering the proof you need to show yourself that the cost of your current pattern is too high to sustain. Do not rush this. The goal is to clearly see the total bill of the delay.

Exercise 7: The Cost Ledger

Review each category using the period from your First Receipt to today. Estimate where necessary. You may use a number, a recurring pattern, or a brief example. Precision is not required; honest scale is.You are not required to assign a dollar amount, document every loss, or prove that the pattern affected every category.

TIME

How much time have you spent managing, recovering from, thinking about, complaining about, preparing for, or revisiting this disruption? You may estimate hours per week, days lost, recovery time, repeated delays, or time spent managing the consequences.

ENERGY

What gets the depleted version of you because your energy went here first?

RELATIONSHIPS

Who else has been affected by what this situation takes out of you?

OPPORTUNITY

What have you postponed, declined, missed, or lacked capacity for?

JOY

What have you had difficulty fully enjoying because this remained in the background?

PEACE

How does this disruption follow you even when the actual event is over?

SELF-TRUST

What have you repeatedly promised yourself about this?

What happened to the follow-through? What supported or interrupted it?

What do you notice about how much you trust your own promises today?

What made follow-through difficult, and which parts were within my control?

THE RECEIPT
Use the first statement to name the cost you already recognized. Use the second to name a less-visible cost the ledger helped you see.

Complete these statements:

You have gathered the evidence; now you must tally the final bill. You have identified the specific areas where your energy, time, and peace have been leaking. Do not look for the 'why' or the justification; look for the scale of the trade.

Review your ledger and the frustration you've collected. Translate your findings into this final account:

I thought keeping things the same was costing me:

—----------

I can now see it has also cost me:

—----------

Look at what you have just written. This is the total bill of your delay. If you were handed this receipt at the end of every week, would you continue the transaction?

What is the one price you are no longer willing to pay?

—----------

Exercise 8: The Frustration Inventory

Frustration often serves as a signal pointing us toward the exact places where we feel stuck. This exercise is not about reliving the annoyance, but about naming the pattern you've recognized so you can stop being surprised by it. By identifying exactly what you are tired of, you clarify what you are actually ready to change.

Some frustration isn't just about what keeps happening.

It's about realizing:
“I have been here before.”
Complete each sentence about the same disruption. Short phrases are enough. Distinguish frustration with what happened from frustration about a response that was genuinely available to you but that you did not make.

A response is genuinely available when it is realistically accessible given your safety, authority, health, money, dependence, position, responsibilities, possible discrimination, and likely consequences.

Finish these sentences.

I'm frustrated that I keep:

I'm tired of explaining:

I'm tired of recovering from:

I'm tired of promising myself:

If I have acted as though this doesn't bother me, what was happening underneath that?

The part that frustrates me most is knowing:

Then answer:

Am I frustrated only with the situation or also with how I have responded where a different response was available to me?

WHAT CAME UP FOR ME

What am I noticing?

—----------

—----------

Something I don't want to forget:

—----------

—----------

WHAT I HAVEN'T SAID YET

Reflections on Part III: The Receipts

What am I feeling now that I can see what this has actually cost me?

—----------

—----------

Which cost is hardest for me to ignore?

—----------

—----------

What I haven't said yet:

—----------

—----------

This is a natural place to pause. You do not have to move immediately from recognizing the cost into imagining the future. Return when you can look forward to making a decision not to punish yourself.

The fact that a pattern has been repeated does not mean it is permanent. It means it has been practiced. And practiced patterns can be interrupted.

ME. BETWEEN THE LINES

Continue here if you need more room.

PART IV

THE FUTURE: Assessing Your Trajectory

Having gathered the evidence of your history, the reality of the Knowing Gap, and the true cost of your receipts, you now stand at a pivotal transition: moving from observation to projection. Part IV is not about catastrophizing, predicting a tragic fate, or expecting the worst; it is a calm, rigorous assessment of trajectory that uses your current pattern as evidence. By extending the exact patterns and data points you have already documented into the future, you can clearly see where your current momentum is leading and what it is likely to keep producing if nothing meaningful changes. This section invites you to look down the road of unaddressed patterns and decide, with complete clarity, if that destination is a life you truly want to inhabit.

If nothing meaningful changes, what is this pattern likely to keep producing? This will reveal itself in the next two exercises.

Exercise 9: Thirty Days, Six Months, and One Year

Complete all three time horizons. Extend the pattern forward using the evidence you already identified. Do not imagine the worst possible outcome. Ask what is reasonably likely if the pattern, surrounding conditions, and your current response remain substantially the same. If the exercise begins to feel like panic, punishment, or catastrophe, return to the facts you documented in the earlier exercises.

Thirty Days

Imagine it is 30 days from today. Nothing meaningful changed. The same people have the same access. You responded the same way. The decision remained unmade. The pattern continued.

What are you still dealing with?

—---

What are you disappointed that hasn't changed?

—---

Six Months

Six months have passed and the pattern has continued unchanged.

What have you continued tolerating?

—---

What have you postponed?

—---

What has accumulated?

—---

What have you had less room for because this still takes up space?

—---

OneYear

Now, look a full year ahead. Imagine you are meeting yourself exactly one year from today. You recognize the problem immediately because it is still there, occupying the same space in your life. Do not look away. Let the reality of that timeline settle.

What is the specific, physical cost of having carried this for 365 more days?

—----------

—----------

What part of your life has grown smaller, dimmer, or more constricted because this problem remained?

—----------

What have you taught the people around you about what you are willing to tolerate, simply by continuing to stay?

—----------

—----------

What have you sacrificed of your own potential, joy, or health to keep this cycle running for another year?

—----------

Looking back at the moment you completed this workbook, what would you wish you had done differently?

—----------

—----------

What would you be devastated to discover you are still saying?

—----------

—----------

Are you still saying, "I didn't know," or are you forced to admit you knew, but stayed anyway?

—----------

—----------

Exercise 10: Meet the Future You're Currently Rehearsing

Your future isn't built only by the things you say you want; it's also shaped by what you repeatedly practice, what continues around you, what you postpone, and what you protect. Use the projections you just completed. If your honest answer is “I don’t know yet,” identify what information you would need before you could answer.

I say I want:

—----------

My current pattern keeps producing:

—----------

I say peace matters to me, but I repeatedly give priority to:

—----------

The future I say I want requires:

—----------

My current decisions are rehearsing a future where:

—----------

Is that a future I'm willing to keep practicing for? (YES / NO / I DON'T KNOW YET)

—----------

WHAT CAME UP FOR ME

What am I noticing?

—----------

—----------

Something I don't want to forget:

—----------

—----------

WHAT I HAVEN'T SAID YET

Reflections on Part IV — The Future

What became harder to ignore when I imagined living this way for another year?

—----------

—----------

What am I noticing about the future my current decisions are rehearsing?

—----------

—----------

What I haven't said yet:

—----------

—----------

ME. BETWEEN THE LINES

Continue here if you need more room.

PART V

THE DECISION: Reclaiming Your Power

Choosing peace and protecting peace are not the same thing. Now that you have gathered the evidence of your history, the reality of the Knowing Gap, and the true cost of your receipts, you are moving from analysis to intervention. This section is where you reclaim your power—not by forcing a result, but by deciding what you will do with what you now know. You aren't just observing the pattern anymore; you are changing your trajectory. Remember that the decision may be private, but living it may change access, expectations, roles, or relationships. You have enough evidence to begin.

Exercise 11: What Actually Needs to Change?

Reread your Knowing Gap™, Identity exercise, Cost Ledger, and future projections. Then return to the original disruption. Decide whether the change you originally named is still accurate, needs to become more specific, or points to something underneath it. If your original answer is still accurate, keep it. Now answer the questions below in order.

I thought I needed to change:

—----------

I now believe the deeper change is:

—----------

The reason this has been difficult is:

—----------

The cost of continuing is:

—----------

What I'm no longer willing to keep paying is:

—----------

Exercise 12: One Pattern. One Decision.

This exercise names the decision and the repeatable response you will practice. The decision is the rule or commitment you are making, while what you practice is the behavior that expresses it. Choose a pattern specific enough to recognize and a response that is within your authority and proportionate to the situation. Focus on one single pattern.

The pattern I am interrupting is:

—----------

What could pull me back into the old pattern?

—----------

What response, pressure, circumstance, or relationship dynamic may make this decision harder to maintain?

—----------

What protection does this decision need from me?

—----------

The next time it appears, I will know because:

—----------

What I normally do:

—----------

What I will practice doing instead:

—----------

The discomfort I expect when I do this differently:

—----------

What I will remind myself when that discomfort appears:

—----------

The first opportunity I have to practice this is:

—----------

My preliminary deadline:

—----------

WHAT I HAVEN'T SAID YET

Reflections on Part V: The Decision

What feels different now that I've named what I'm actually going to do?

—----------

—----------

What do I need to remember now that this decision is real?

—----------

—----------

What I haven't said yet:

—----------

—----------

Exercise 13: The 72-Hour Move

Insight loses its power when it remains trapped in theory. This exercise is your bridge between what you now know and what you are willing to live. The 72-Hour Move is not about solving the entire situation or making a permanent change today; it is about taking one safe, proportionate, and observable action that proves your decision is real. By moving from intention to action, you create concrete evidence that you can respond differently.

Something another person could observe and say:

“She did something differently.”

An observable move is concrete enough that you can verify whether it happened. It is more than an intention, realization, or promise to yourself. No one else has to witness it.

Examples include sending an email, making an appointment, asking a direct question, declining a request, gathering necessary information, documenting an incident, delegating one responsibility, changing someone’s access, or requesting support.

Follow this sequence:

1. Choose one move.
2. Make it the smallest safe version that still counts.
3. Schedule it within the next 72 hours.
4. Identify what could interfere.
5. Decide what support or protection it needs.
6. Set a reminder.
7. Stop the workbook.
8. Take the action.
9. Return for Part VI.

Do not confront someone, disclose private information, resign, end a relationship, or make an irreversible decision simply to satisfy the 72-hour deadline. When risk is present, planning, documentation, consultation, and support are valid moves.

My observable move:

_____

_____

_____

_____

_____

When and where I will do it:

_____

_____

_____

The smallest version of this move that still counts:

_____

_____

_____

_____

What may make follow-through difficult:

—----------

—----------

—----------

—----------

If the expected opportunity does not occur, I will:

—----------

—----------

—----------

—----------

The person, reminder, or structure that will help me follow through:

—----------

—----------

—----------

—----------

I will reopen this workbook on:

—----------

STOPHERE

MAKE THE MOVE.THEN RETURN.

Do not complete Part VI yet. Put both the action and your workbook-return time on your calendar. Complete the action you named. Then reopen this workbook at the date and time you selected. Part VI begins after you have something thinking alone could not give you: evidence.

IF YOU DID NOT COMPLETE THE MOVE

Do not invent an outcome, and do not skip ahead. Record what interrupted your follow-through. Decide whether the move needs more protection, more support, a smaller scope, or a different opportunity. Set a new 72-hour window and return after you act.

Capture the result of your move:

Describe what happened as a result of your action. (This description of your success is the evidence of your change; keep it ready to share.)

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PARTVI

AFTER THE MOVE: Real Life Integration

The move is the first step, but this is where change becomes real life. Doing something differently once proves that you can interrupt the pattern, but what happens next shows you what the decision will require from you. This section is for reflecting on your real-world evidence. Use this space to compare expectation with outcome and analyze how your new response is being received. You aren't just testing a new behavior; you are learning how to exist in the world as the person who chooses differently.

Don't skip this part.

Answer about the one move you planned. Compare expectation with evidence. This is not a pass/fail review.

Use specific information: what you did, what another person did, what changed, what did not change, and what you noticed in yourself.

Ifyou did not complete the action, record what interfered and revise the move before continuing.

Ifthe response you received was threatening, coercive, retaliatory, or destabilizing, stop and prioritize safety, support, documentation, or qualified guidance before deciding what to do next.

What did I expect would happen?

—----------

What actually happened?

—----------

What felt difficult?

—----------

—----------

What, if anything, felt easier than I expected?

—----------

What did I learn about myself?

—----------

Did the change reveal another layer I hadn't seen before?

—----------

What do I now understand that I couldn't have understood by simply thinking about it?

—----------

WHAT I HAVEN'T SAID YET

Reflections on Part VI: After the Move

What did doing something different teach me that thinking about changing never could?

—----------

—----------

What did the action reveal about what will help me repeat the new response?

What I haven't said yet:

—----------

—----------

ME. BETWEEN THE LINES

Continue here if you need more room.

YOUR EVIDENCE

You started this workbook withsomethingyoualreadyknew.

Now you know something different.

Review your First Receipt, Knowing Gap™, Identity exercise, Cost Ledger, Decision, and After the Move responses. Complete each statement using the clearest evidence you found. Do not begin a new analysis here; summarize what the workbook and your action demonstrated.

Mark this page. Return to it when the old response begins feeling familiar again. If you continue into the Me. Renaissance Weekend, bring this evidence with you.

I already knew:

—----------

What I didn't understand was:

—----------

I can now see what helped keep the pattern in place:

—----------

It has already cost me:

—----------

—----------

Continuing this pattern is likely to cost me:

—----------

—----------

The future I actually want requires:

—----------

—----------

The first evidence this action gave me is:

—----------

—----------

Now, name something you did, scheduled, communicated, declined, documented, requested, or made real. Evidence may also reveal a constraint, a safety issue, or a need to revise the response.

THE FINAL QUESTION

What will you continue doing now that you have evidence you can respond differently? How will your future be impacted by this decision?

THE DECISION I AM KEEPING

Reread Your Evidence before completing this page. Name one response you will continue practicing and the next specific opportunity when you expect to practice it.

Sign only after you have completed—or honestly revised—the 72-Hour Move.

This is a working decision based on the evidence you have today. You may refine the method as you learn more without abandoning what the decision is meant to protect.

Date: _____

The pattern I am no longer willing to repeatedly recognize without responding to is:

_____

The decision I am keeping—or refining—is:

_____

The response I will continue practicing is:

_____

The next date, situation, or opportunity when I will practice it is:

—----------

Is this on my calendar? Y / N

_____

Signed,

_____

WHEN THE DECISION NEEDS PROTECTION

You began this workbook with somethingyoualreadyknew.

Then you did more than think about it.

You traced the pattern.

You found the Knowing Gap™.

You examined the role you have been playing and what that role has required from you.

You counted the cost.

You made a decision.

And you took one observable action.

Now you have something knowing alone could not give you:

evidence.

Your 72-Hour Move may have shown you that the response was easier than you expected.

It may have shown you exactly what makes the decision difficult to maintain.

It may have changed something.

It may have revealed what still needs to change.

Whatever happened, the evidence matters.

Do not use it to grade yourself.

Use it to decide what the life you want will require from you next.

Because making one different decision and building a life that can hold that decision are not the same thing.

The people around you may respond.

Old expectations may return.

The role you know how to perform may begin calling you back.

The discomfort may not disappear simply because the decision was right.

That does not mean the decision was wrong.

It means the decision may need protection.

The Velocity Phase: Integrating Your New Reality

You’veproven you can move; now let’s accelerate that momentum. Youhave successfully gathered the evidence of your capacity to change. The next step is not just maintaining that change, but integrating it fully into your daily life. If you are ready to build on the evidence you just created and want to process your 72-Hour Move results with me, let's connect. Schedule a call with me to explore how we can accelerate your trajectory and integrate your new reality.
[SCHEDULE YOUR CALL]