

NEW SELF PROTOCOL

Become the person your goals require.

*A one-day protocol for changing who you are first —
so the actions that get you what you want stop
requiring willpower.*

START HERE

Why most change doesn't stick

You don't fail to change because you lack discipline. You fail because you try to force new *actions* onto an old *identity* — and your identity quietly pulls you back to who it already is.

There are two kinds of change. **Second-order change** is forcing the behavior: white-knuckling the gym, the diet, the early mornings. It works for a week or two, then collapses. **First-order change** is becoming the kind of person for whom those behaviors are simply what they do. The fit person doesn't grind to eat well — they'd have to grind to eat badly. That's the target.

This workbook walks you through a single concentrated day to redesign that identity: confront who you'll become if nothing changes, design who you'd rather be, and set up your environment and daily game so the new self gets fed.

An honest promise. This is a *kickoff*, not a magic day. The research is clear: building a new behavior into an automatic one takes on average ~66 days (anywhere from 18 to 254). What changes in one day is your *direction and clarity*. What changes over the following weeks — if you keep feeding it — is your identity. Anyone promising a one-day transformation is selling you a feeling, not a result.

The one rule that makes it work: an identity only becomes real when behavior is *repeated* and *tied to what you value*. Declaring "I am a writer" does nothing. Writing daily, and letting each session count as evidence that you're becoming one, does. Throughout this workbook you'll collect *evidence*, not affirmations.

HOW TO USE THIS

The shape of the day

Three sessions and a background thread. Block the day. Phone on do-not-disturb except for the reminders you'll set in Part 3.

MORNING · 60-90 MIN

Parts 1-2. Psychological excavation and future-self design. The heavy lifting.

THROUGHOUT THE DAY

Part 3. Six scheduled interrupts that break autopilot and catch you in the act.

EVENING · 45 MIN

Part 4. Synthesis — name the enemy, compress your vision, set the levers.

LOCK IT IN

Part 5. Turn the plan into a game. Part 6. The 66-day evidence ledger.

If you're honest, this should get uncomfortable. The discomfort is the signal it's working — your current identity defending itself. Don't reach for your phone to numb it. Sit in it and keep writing.

Excavation & the anti-vision

First we surface the truth you've learned to live with. Write fast, write ugly, don't edit.

What you've normalized

1. What dull, persistent dissatisfaction have you learned to tolerate?

2. What do you complain about repeatedly but never change? (Write your three most-voiced complaints this year.)

3. For each complaint — what would someone who watched your *behavior*, not your words, conclude you actually want?

4. What truth about your current life would be unbearable to admit to someone you deeply respect?

PART 1 · CONTINUED

The anti-vision — who you become if nothing changes

Make this vivid and specific. The disgust you feel here is fuel you'll draw on for months.

1. If **nothing** changes for 5 years, describe an average Tuesday: where you wake, what your body feels like, your first thought, who's around you, your 9-to-6, how you feel at 10pm.

2. Now the same for **10 years**. What have you missed? What doors closed? Who gave up on you? What do people say about you when you're not in the room?

3. Who in your life is already living the future you just described — 5, 10, 20 years ahead on the same track? What do you feel imagining you've become them?

4. What is the most embarrassing real reason you haven't changed — the one that makes you sound weak or scared, not reasonable?

PART 2 · MORNING

The future self

Now point the energy forward. Don't filter for "realistic" yet — that comes later.

1. If you could snap your fingers and be living a different life in 3 years, what does an average Tuesday look like? Same level of detail as the anti-vision.

2. What would you have to *believe about yourself* for that life to feel natural rather than forced? Write it as an identity line:

I AM THE KIND OF PERSON WHO...

3. What is one thing you would do *this week* if you were already that person?

Talk to them. Before you leave this page, spend five minutes writing a short letter *from* your future self *to* you today. What do they want you to stop doing? What do they thank you for starting? (Connecting to a concrete future self measurably lowers anxiety and makes the goal feel like yours — it's one of the most reliable moves in this whole protocol.)

Break autopilot

Journaling alone won't change you — your unconscious patterns will. Right now, set six phone reminders for today with these exact questions. When each fires, stop, answer in one honest line, and move on.

11:00

What am I avoiding right now by doing what I'm doing?

13:30

If someone filmed my last two hours, what would they conclude I want from my life?

15:15

Am I moving toward the life I hate or the life I want?

17:00

What's the most important thing I'm pretending isn't important?

19:30

What did I do today out of identity-protection rather than genuine desire?

21:00

When did I feel most alive today — and most dead?

The urge drill. When you catch yourself reaching for the old pattern, don't fight it and don't obey it. Name it ("there's the urge to scroll"), feel where it sits in your body, and watch it rise and fall like a wave — usually 90 seconds. You're training the gap between impulse and response. That gap is the skill.

Synthesis

Pull the day together into a few sentences you can actually carry.

1. After today, what feels most true about why you've been stuck?

2. Name the actual enemy in one line. Not circumstances or other people — the internal pattern or belief running the show.

3. One sentence for what you refuse to let your life become. (Your anti-vision, compressed. It should sting.)

4. One sentence for what you're building toward, knowing it will evolve. (Your vision, v1.)

Turn your life into a game

Goals work best as *lenses* you put on, not pressure you carry. Fill in your board. These are concentric rings of focus that guard your attention from everything else.

Anti-vision — what's at stake if you lose

Vision — how you win (for now)

1-year goal — the mission

1-month project — the boss fight

Daily levers — the quests (2–3 actions)

Constraints — the rules you won't break

Win the game, then hold it loosely. The trap at the end is swapping one survival game ("broke and stuck") for another ("never enough money / never lean enough"). Play hard *and* stay unbothered when a given goal doesn't land. Pain is part of the game; suffering is refusing to accept the play. Aim for intensity without attachment.

PART 6 · THE NEXT 66 DAYS

The evidence ledger

This is the part that actually rewires identity. Each day, log one small action that proves you're becoming the person from Part 2. Not a streak of perfection — a pile of evidence. Photocopy this page or recreate it; you'll want many.

MY IDENTITY LINE

Day	One action today that proves it	Felt like the new self? (1–5)
1	<hr/>	
2	<hr/>	
3	<hr/>	
4	<hr/>	
5	<hr/>	
6	<hr/>	
7	<hr/>	

Weekly check (every 7 days): Did my environment make the new actions easier or harder? Change one thing in my surroundings — a person I follow, where my phone charges, what's in the fridge — to make next week's evidence easier to collect.

The New Self Protocol · v1.0 — A synthesis of identity-based change, future-self research, and acceptance practice, grounded in peer-reviewed behavioral science. Use it honestly; it works in proportion to the truth you bring to it.