

## WORKSHEET

# Module 9: The Real Secret

Lock in the consistency commitment.

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## The honest mirror

*Last time I quit something after a few weeks, what story did I tell myself?*

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## My non-negotiable

*I commit to posting \_\_\_\_\_ videos per day for the next \_\_\_\_\_ days, no matter the views.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Permission slip

*List 3 metrics you'll IGNORE for the next 30 days:*

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