



Evidence Tracking System

Identity Recode Planner

To record observable proof that identity-aligned behavior is happening in real life, not only in intention or self-description.

Identity Recode Planner
A Tamkinly Transformation System

Instructions

- Log one meaningful piece of evidence per day.
- Use concrete facts only.
- Do not write opinions unless they are tied to observable behavior.
- Treat this as a record of proof, not a journal of mood.
- Review every 7 days.

Section 1: Daily Action Log

Date:

Planned action:

Action completed: ☐ Yes ☐ No

If yes, what was done?

If no, what prevented it?

Time started: _____ Time finished: _____

Quality of completion (1-10):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Section 2: Behavioral Evidence Record

For each item, write one concrete example:

Evidence of self-trust:

Evidence of commitment consistency:

Evidence of emotional regulation:

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Section 3: Progress Timeline

Week 1 evidence summary:

Week 2 evidence summary:

Week 3 evidence summary:

Week 4 evidence summary:

What improved over time?

remained unstable?

What remained unstable?

Copyright © 2019 Pearson Education, Inc. or its affiliate(s). All rights reserved.

Section 4: Consistency Analysis

Rate each statement from 1 to 10:

[illegible]

[illegible]

Section 5: Transformation Milestones

Mark the milestone when it happens:

- First completed action
- First full week of consistency
- First recovery after a lapse
- First visible identity-aligned decision
- First environmental improvement
- First emotional regulation win
- First moment of self-trust
- First week with no major avoidance pattern

Which milestone mattered most to you?

Section 6: Identity Implication

What is the evidence teaching you about who you are becoming?

What identity is being strengthened by these actions?

What old identity is losing power?

What conclusion can you now make with confidence?

Section 7: Weekly Review

What was the strongest evidence this week?

What was the weakest area this week?

What pattern do you see in your follow-through?

What adjustment should you make next week?

What evidence would you need to see to feel more confident?

Weekly Evidence Score (1-10):

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Weekly Summary Statement: This week I proved that...
