



Executive Manual

Identity Recode Planner

A 30-Day Guided Journey for Identity Alignment,
Behavioral Recalibration, and Self-Authored Change

Identity Recode Planner

A Tamkinly Transformation System

Purpose of the System

This planner is designed to help a person move from passive reaction to intentional self-direction. The core assumption is simple: lasting change becomes more stable when it is rooted in identity, supported by environment, and reinforced through repeated evidence.

What This System Does

- ☐ Clarifies the current identity baseline.
- ☐ Analyzes decision patterns.
- ☐ Identifies the gap between present behavior and desired identity.
- ☐ Tracks evidence of change daily.
- ☐ Audits the environment for support and friction.
- ☐ Measures progress over 30 days.

Core Principles

1. Repeated behavior creates evidence.
2. Evidence shapes self-concept.
3. Environment shapes repetition.
4. Decisions reveal identity.
5. Emotional regulation protects consistency.
6. Progress becomes visible when it is recorded.

The 30-Day Path

Phase 1: Observe (Days 1-7)

Capture baseline, values, habits, triggers, and environment.

Phase 2: Intervene (Days 8-14)

Adjust cues, reduce friction, and improve decision structure.

Phase 3: Evidence (Days 15-21)

Track repeated actions and emerging identity proof.

Phase 4: Stabilize (Days 22-30)

Review results, reinforce wins, and refine the next cycle.

Rules of the Planner

1. Write honestly, not ideally.
2. Measure what happened, not what you hoped would happen.
3. Use evidence before interpretation.
4. Treat repeated resistance as information, not failure.
5. Focus on consistency over intensity.
6. Review the system weekly.
7. Update the plan based on data.

Implementation Logic

For each target identity, ask four questions:

- What does this identity do repeatedly?
- What makes that behavior easier or harder?
- What decisions support or block it?
- What evidence would prove it is becoming real?

Final Instruction

Use this manual as the standard for every worksheet inside the planner. Each page should help the user answer one question:

"What am I repeatedly proving to myself about who I am becoming?"
