



Progress Dashboard Guide

Identity Recode Planner

To visually display progress, consistency, and identity alignment
across the 30-day journey.

Identity Recode Planner
A Tamkinly Transformation System

Instructions

- Update the dashboard once per day or once per week.
- Use the same scoring system throughout the journey.
- Keep the dashboard simple, visible, and easy to review.
- Do not use too many metrics.

Recommended Dashboard Rule: Track a few meaningful indicators consistently rather than many indicators inconsistently.

Section 1: Core Dashboard Metrics

Track the following scores weekly:

Metric	Score
Identity Alignment Score	_____
Self-Trust Score	_____
Commitment Consistency Score	_____
Decision Quality Score	_____
Emotional Regulation Score	_____
Environmental Alignment Score	_____
Evidence Strength Score	_____
Agency Score	_____

Section 2: Baseline vs Current Comparison

For each metric, record and compare:

Metric	Baseline	Current	Change	Direction
Self-Trust	_____	_____	_____	↑ / ↓ / →
Commitment Consistency	_____	_____	_____	↑ / ↓ / →
Decision Quality	_____	_____	_____	↑ / ↓ / →
Emotional Regulation	_____	_____	_____	↑ / ↓ / →
Environmental Alignment	_____	_____	_____	↑ / ↓ / →
Evidence Strength	_____	_____	_____	↑ / ↓ / →
Agency	_____	_____	_____	↑ / ↓ / →

Section 3: Trend Tracking

Track movement across time for each area:

Area	Improving	Stable	Declining
Consistency	☐	☐	☐
Alignment	☐	☐	☐
Evidence	☐	☐	☐
Decision Quality	☐	☐	☐
Emotional Regulation	☐	☐	☐

What explains the trend?

Section 4: Weekly Reflection

What improved this week?

What became easier?

What became harder?

What behavior created the most evidence?

What support did you fail to use?

What should you focus on next week?

Section 5: Transformation Milestones

Track these milestones visually:

Milestone	Not yet reached	Reached	Sustained
First completed week	☐	☐	☐
First identity-aligned decision under stress	☐	☐	☐
First repaired lapse	☐	☐	☐
First high-consistency streak	☐	☐	☐
First major environmental improvement	☐	☐	☐
First strong self-trust moment	☐	☐	☐
First week of stable emotional regulation	☐	☐	☐

Section 6: Final Dashboard Summary

Current strongest area:

Current weakest area:

Biggest improvement since baseline:

Most important remaining gap:

Overall transformation status:

- ☐ Early stage
- ☐ Emerging
- ☐ Stabilizing
- ☐ Strong
- ☐ Highly integrated

Final Statement: The dashboard shows that my identity shift is currently...
