



The Promise Loop Card

Self-trust is built like credit: small promises, kept on time, over and over. Write tonight's.

THE LOOP Promise, keep, repeat

One embarrassingly small promise a day. Two minutes counts.

THE SIZE Small counts the same

The size of the promise doesn't matter. Keeping it does.

THE RESET Miss one? Shrink it

A broken streak means the promise was too big. Halve it tonight.

Tonight's promise (embarrassingly small)

When exactly

It takes under five minutes to keep

If it takes longer, it is a goal, not a promise.

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I said it out loud or texted it to someone

Promises made only in your head are easy to cancel.

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The size of the promise doesn't matter. Keeping it does.

Ten tiny kept promises beat one heroic broken one.