

Love Leaves Fingerprints.

AN ONGOING PRACTICE OF NOTICING WHAT LOVE IS PRODUCING.

Fear has an incredible ability to erase yesterday. You can have three breakthrough conversations, a truth post that landed, and someone tell you that something about you is different — and wake up Thursday morning thinking nothing is changing.

Nothing changed overnight. Your memory changed. Fear edited what you remembered.

This practice trains you to notice what fear overlooks. Every time you notice evidence that something is shifting — in you, in your content, in your people, in a conversation, in how someone responds to you — write it down. One sentence. Don't shape it. Don't analyze it. *Just catch it.*

*On the days when fear tells you nothing is changing, read this list top to bottom. **This is the truth.***

THE EVIDENCE

Today I noticed: _____

Today I noticed: _____

Today I noticed: _____

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Today I noticed: _____

Today I noticed: _____

Today I noticed: _____

Today I noticed: _____

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Today I noticed: _____

Today I noticed: _____

THE EVIDENCE — CONTINUED

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