

THE FIRST PROMISE

A 5-MINUTE SELF-TRUST RESET

ONE PROMISE. ONE ACTION. ONE PIECE OF PROOF.



STOP WAITING TO BELIEVE IN YOURSELF.

Start giving yourself proof.

YOUR BRAIN KEEPS RECEIPTS

Every promise leaves evidence. Keep it, and your brain remembers.

MOTIVATION MAKES PROMISES. EVIDENCE BUILDS TRUST.



TODAY, YOU'RE CREATING ONE NEW RECEIPT.

The goal is not a perfect performance.
The goal is one honest piece of evidence.

NEW BALANCE: PROOF

YOUR FIRST PROMISE

Self-trust begins with one promise small enough to keep.

SMALL ENOUGH TO WIN. MEANINGFUL ENOUGH TO MATTER.

WHAT IS ONE PROMISE YOU CAN KEEP TODAY?

Make it specific. Keep it simple. Do it within the next 24 hours.

DON'T KNOCK THEM ALL DOWN.

Push the first one.

FIRST ONE



THE 5-MINUTE RESET

You do not need to finish everything. You only need to keep today's promise.

FIVE MINUTES. ONE PROMISE. REAL PROOF.

01

PICK YOUR PROMISE

Use the promise you wrote on the last page.

02

SET A TIMER

Five minutes. No more. No less.

03

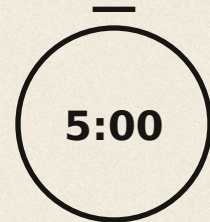
START NOW

Take the first action. Do not plan—begin.

04

FINISH THE FIVE

Stay with it until the timer ends.



I'M IN. I WILL GIVE MY PROMISE FIVE FOCUSED MINUTES.

START THE FIVE

FOCUS ON THE NEXT ACTION—NOT THE WHOLE OUTCOME.

CREATE YOUR RECEIPT

You kept your promise. Now record the proof.

YOUR BRAIN NEEDS EVIDENCE—NOT ANOTHER SPEECH.

TODAY'S PROMISE

TIME STARTED

☐

AM

☐

PM

TIME FINISHED

☐

AM

☐

PM

WHAT DID I PROVE?

What does keeping this promise show about who I am becoming?

☐

TODAY, I KEPT A PROMISE TO MYSELF.

PROOF CREATED

ONE PROMISE. ONE RECEIPT. REAL EVIDENCE.

YOU KEPT THE PROMISE

Maybe it took five minutes. Maybe it was not perfect. But your brain noticed.

TODAY, YOU CREATED PROOF.



WHAT'S NEXT?

- 01** DO IT AGAIN TOMORROW.
- 02** COLLECT ANOTHER RECEIPT.
- 03** LET THE PROOF COMPOUND.

COLLECT YOUR SECOND RECEIPT.

GET THE FIRST PROMISE KIT • JCWIP.COM