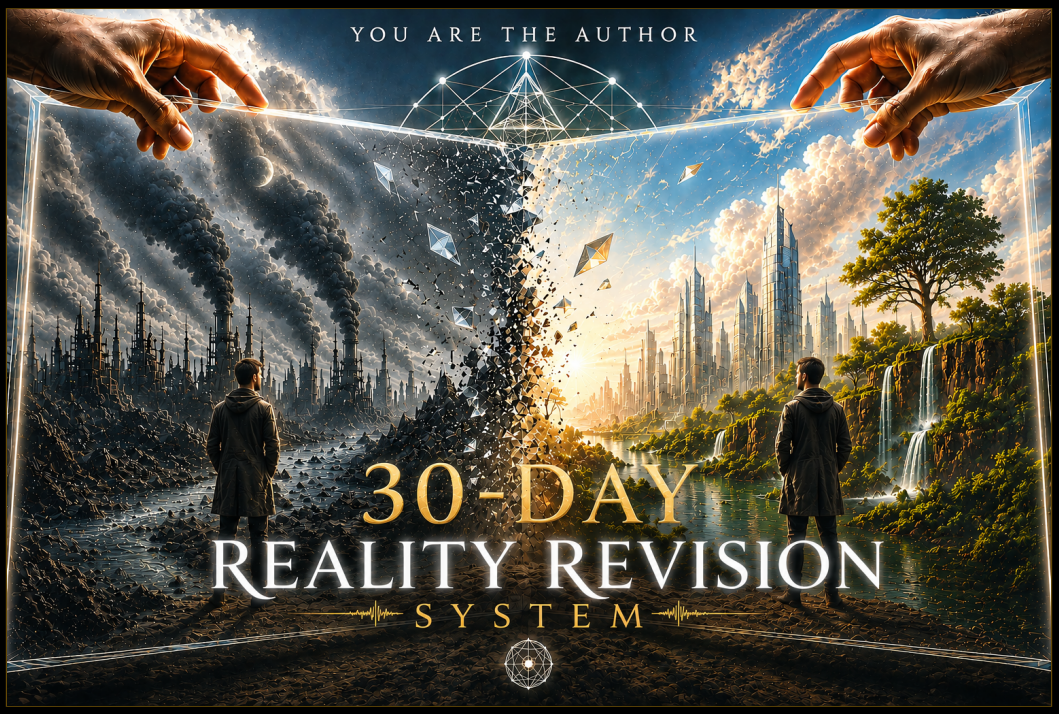
REALITY REVISION™

A FREE GUIDE

The Reality Audit

Notice the Pattern Running Your Day (in 15 Minutes)

A free guide from Reality Revision.



Finish it in one sitting. You only need a pen or a notes app.

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REALITY REVISION™

START HERE

Why this takes 15 minutes, not another journal

Most people try to change their life by adding more techniques: new affirmations, a new visualization, a new morning routine. Then the same thoughts come back, and the same day follows.

The problem usually isn't effort. Your mind returns to familiar patterns and familiar identities, because familiarity feels safe.

The first useful step is not to force a new thought. It is to **see the one that is already running**.

This guide has two parts:

PART 1 · ABOUT 8 MINUTES

The Reality Audit

Notice the thought you repeat most, the feeling it creates, and the identity it points to.

PART 2 · ABOUT 5 MINUTES

The 3-Second Switch™

Interrupt that pattern in the moment, replace it with something you can actually believe, feel the new state briefly, and move on.

You can do both today.

This guide is a practice, not a promise. What you notice will depend on how honestly you look. It is not a substitute for professional medical or mental-health care.

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PART 1 · ABOUT 8 MINUTES

The Reality Audit

This is a short version of the Reality Audit Exercise™ used in Module 1 of the 30-Day Reality Revision program. The goal is not judgment, and not a positive rewrite. The goal is awareness.

Think about today, or the last 24 hours. Don't hunt for a dramatic story. Ordinary, repeating moments are the point. Write short answers. A sentence is enough.

1. Current thoughts

Which thoughts do you notice repeating most often?

Examples, only if they help you start: "Nothing ever changes." "I'm behind." "I always mess this up." "I'm broke." "I never get a break." Use your own words.

My repeating thoughts

2. Emotions created

What emotions do those thoughts consistently produce?

I felt

3. What identity do these thoughts reinforce?

Complete the sentence: "I am someone who..."

Not a diagnosis. Just the identity the thought assumes, such as "someone who can't follow through," "someone things happen to," or "someone who has to get it perfect."

I am someone who...

Name the pattern

4. Star or circle the one thought that felt most familiar.

If several showed up, you can list a top three, then choose the one you will work with today.

Top thoughts, if you need the space

The pattern I'm working with today

5. A short reflection

Optional, if you still have a minute.

The identity I am ready to leave behind

The kind of person I want to become

If nothing comes, that's useful too. Sit for two more minutes and notice the next comment your mind makes about you, other people, or the day. Write that down.

WHAT YOU JUST DID

You practiced the first step: notice

You cannot revise a pattern you have not recognized. You are not trying to fight the thought or prove it wrong. You are making it visible, so it doesn't run only on autopilot.

Awareness creates a choice. The choice is what comes next.

REALITY REVISION™

PART 2 · ABOUT 5 MINUTES

The 3-Second Switch™

You don't need to control every thought. You need a way to interrupt the one that keeps repeating, before it takes over the rest of the day.

This is the same 3-Second Switch™ taught in Module 2 of the program. The goal is not perfection. The goal is interruption and redirection. Use it in the moment, not only in a journal.

STEP 1

Name it

"That's the old pattern."

The moment you notice the old thought starting, say this quietly.

STEP 2

Stop it

"Stop."

Don't finish the usual sentence. One slow breath is enough. The point is a pause, not a performance.

STEP 3

Replace it

"I am becoming someone who..."

Say a replacement you chose in advance — one you can believe today, not a slogan you have to force.

STEP 4

Feel it

Sit with the new feeling for 5–10 seconds.

Don't try to manufacture a peak state. Possibility, relief, or a little more steadiness is enough.

STEP 5

Move on

Do not obsess. Continue forward calmly.

Return to the next ordinary task.

Every interruption weakens the old identity. Every replacement strengthens the new one.

Choose a replacement you can believe

Now write a replacement for the thought you starred in the Audit. Choose one you can actually say without wincing. If you aren't sure, borrow one of these and adjust the wording until it feels honest:

I am improving financially every day.
Things are beginning to work in my favor.
I trust myself more every day.
I am becoming more emotionally grounded.
I notice opportunities more easily now.

I am building momentum every day.
Progress is already beginning.
I am becoming more intentional every day.
I can notice this thought and choose the next one.
This feeling is familiar. It is not the only option.

My replacement thought for today

Put this somewhere you will actually see it: the notes app on your phone, a card on your desk, the top of a journal page.

The first time the old thought returns today, use the Switch once — all five steps, even if they take less than half a minute. That is the whole practice for this afternoon.

A LIGHT VERSION OF THE DAILY PRACTICE

If you want a simple daily rhythm

About 10 minutes a day is enough to keep going. In the full program, this is called the Daily Reinforcement Protocol™. You can start a light version now:

A minute or two. Read the replacement you chose, slowly. Remind yourself who you are becoming.

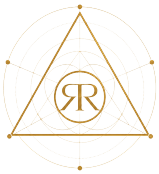
A few minutes. Picture one simple scene that implies a little more steadiness, progress, or relief.

As needed, in the moment. Use the 3-Second Switch™.

Near the end. Ask, "If this were already beginning to happen, how would I feel?" Sit with that briefly.

Then one small action. Write one thing for today that matches the person you are reinforcing, and later, one note of anything that went slightly differently — a small win, even a modest one.

Consistency beats intensity. One honest day, repeated, is more useful than a perfect plan you drop after three days.



REALITY REVISION™

THE 30-DAY REALITY REVISION PROGRAM

What the 30-Day course covers

The Reality Audit and the 3-Second Switch™ are the starting point. The 30-Day Reality Revision is a self-paced, 6-module program (45 lessons) built around three steps: **notice, interrupt, and install / reinforce daily**.

NOTICE → INTERRUPT → INSTALL / REINFORCE

MODULE 1

The Thought Awareness Breakthrough

Notice the patterns already running your day. You complete the full Reality Audit Exercise™, use the Thought Pattern Examples Guide™, and learn Neville Goddard's Revision technique from scratch.

MODULE 2

The Anti-Negativity Switch

Interrupt a thought in real time with the 3-Second Switch™, and choose ready-made replacement thoughts you can actually believe.

MODULE 3

The Identity Installation Protocol

Install a new direction. The Identity Reinforcement Stack Builder™ and the Pick 3 Rule help you choose three Identity Reinforcement Statements™ and repeat the same three for seven days.

MODULE 4

The Daily 10-Minute Reinforcement

Reinforce the new identity each day. The Daily Reinforcement Protocol™ is one fixed 10-minute routine, tracked on the 30-Day Reinforcement Tracker™.

MODULE 5

The Proof Recognition Method

Collect small, believable wins with the Low-Resistance Manifestation List™, so evidence is noticed instead of dismissed.

MODULE 6

The Identity Integration System

Keep living from the new default, and review the week with the Weekly Identity Integration Journal™.

The core daily routine takes about 10 minutes once you reach it in Module 4. Access doesn't expire. The course stands on its own.

REALITY REVISION™

WHEN YOU'RE READY

Start the 30-Day Reality Revision

The Reality Audit and the 3-Second Switch™ are the first steps. The full program lays the exercises out in order, including the 10-minute Daily Reinforcement Protocol™.

Today: $47

An introductory price. Self-paced. Access doesn't expire.

Start the 30-Day Reality Revision — $47

www.realityrevision.com/30-day-reality-revision/buy

If after 30 days you don't feel it's helping you think, react, or show up differently, email mike@realityrevision.com and we'll refund your $47, no questions asked.

The course stands on its own. There is also an optional audio companion, The Daily Reality Revision Audio System ($97), with 6 Module Reinforcement Audios and 6 Daily Activations, if you later want to hear the practice as well as read it. You don't need it to start.

Questions about this guide? Email mike@realityrevision.com

This guide is a practice, not a promise. What you notice will depend on how honestly you look. It is not a substitute for professional medical or mental-health care.