28-Days: The Imprint Protocol

THE DOMYN3 F.I.T. METHOD

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THE IMPRINT PROTOCOL:

A 28-day identity discipline built around an "I AM" recording you create and listen to on repeat.

This is intentional rewiring: replacing an old narrative with a chosen one.

QUICK DESCRIPTION:

The Imprint Protocol is a daily challenge designed to help us stop drifting and start directing. We create a personal "I AM" recording and we listen to it daily (and especially when drift shows up). This isn't about describing who we are today. It's about speaking who we are becoming until our inner world starts directing our outer world.

LENGTH:

28 Days (4 Weeks)

SUCCESS LOOKS LIKE:

We finish with proof: a completed listening streak and measurable alignment. We track:

- Listen compliance (daily reps + drift reps)

- Daily directive completion (one aligned action per day)

- Loop breaks (how often we interrupt the old narrative in real time)

The win is tangible: less drifting, less internal negotiation, and more consistent follow-through.

THE GUIDING PRINCIPLE

Faith comes by hearing, and life and death are carried in our tongue. These statements mean we're never "just talking." We're building a future or burying one.

So we stop rehearsing what's wrong and start rehearsing what we're becoming on purpose, in our own voice, on repeat.

We don't always follow who we know we should be, especially under pressure. But repeated words become a default. Default becomes direction. Direction becomes behavior. When we

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consistently speak who we're called to become and keep hearing it, the inside starts leading the outside. Our words become a compass. Our hearing becomes reinforcement. Our actions become proof.

That's the mechanism:
Speak it → Hear it → Move in agreement → Stack evidence → Upgrade the imprint.

WHAT YOU NEED:

- **Time:** 10–12 minutes/day (plus drift moments as needed)

- **Tools:** phone voice memo app + notes/journal + tracker (included below)

- **Requirement:** consistency over intensity—minimum reps count even on messy days

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COMMUNITY CHECK-IN HUB: (RECOMMENDED)

I love hearing from people who are getting it done and your check-ins motivate me. So don't be shy. Drop by the Hub and post along the way: big days, tough days, wins, struggles… all of it. Let's keep each other moving.

[The F.I.T. Method Challenge Series Hub](#)

Post title format:
[Imprint Protocol | Week One/Two/Three/Four | City/State]

✅ Done
🧠 Noticed
🔧 Adjusting
🔥 Win

THE METHOD:

DAILY OPERATING SYSTEM (10–12 minutes)

Morning — Imprint Listen (3–5 minutes)

- Listen to your recording once.

- Execution rule: don't debate it—receive it.

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Midday — Directive + Loop Break (2–3 minutes)

- Complete the day's directive (small proof of agreement).

- If drift shows up, run the loop break.

Drift Moment — Deep Imprint (5–10 minutes as needed)

When drift hits, we don't negotiate—we press play.
Best practice: listen while moving (walk/run/lift). Motion becomes agreement.

Evening — Evidence (2–5 minutes)

Write 3 quick lines:

1. The drift showed up as…

2. I replaced it with…

3. Proof I aligned today: …

LOOP BREAK: (THE INTERRUPTER)

When the old narrative shows up:

1. Pause (one breath)

2. Name it: "That's the old script."

3. Replace it: speak one "I AM" line from your recording

4. Move: take one small action within 60 seconds

YOUR RECORDING: (THE CORE REP)

This challenge runs on a recording you create and listen to on repeat. This is your spoken blueprint. Your imprint.

Important: your "I AM" statements do not have to match your current evidence. They can be statements you make about yourself that you may not even currently believe is true about yourself.
That's the point. It's not narration, it's direction.

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You are the only one who knows how to speak to yourself in the way you need. So we build this in your voice, your language, aimed at the person you are becoming.

TWO RECORDINGS:

Recording A — Short Imprint (60–90 seconds) = Daily minimum

- 3–5 "I AM" declarations

- 2 "I AM NOT" refusals (each followed by a replacement "I AM")

- 1 directive line ("Today I will…")

Recording B — Deep Imprint (5–10 minutes) = Drift-killer

Same structure, expanded. This is what we press play on when drift shows up. This is a recording you will build up to by the end of the 28 days.

Best use: listen while moving (walk/run/lift), especially when we feel the slide.

THE "I AM" FRAMEWORK: (THE CORE STRUCTURE)

Recording name: *My I AM Statement*

Core Structure (use in short + deep recordings)

1. I am… (identity declaration)

2. You are getting… (process + momentum)

3. You are not… (refusal / old label / lie)

4. I am… (replacement that directly cancels what we are not)

5. Today I will… (directive: proof)

The Imprint Rule: (non-negotiable)

Every "I am not…" must be followed immediately by another "I am…" that speaks directly to what we are not.
We don't leave our mind parked in a negative statement. We cancel it, then install the replacement.

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EXAMPLES (PLUG-AND-PLAY PAIRS)

- You are not the sum of your mistakes. I am disciplined and moving forward.

- You are not a mistake. I am purposeful and built with intention.

- You are not dumb. I am learning fast and getting wiser.

- You are not behind. I am aligned and taking my next step today.

- You are not stuck. I am becoming consistent one rep at a time.

- You are not weak. I am getting stronger with every choice.

- You are not defined by your past. I am being rebuilt from the inside out.

(We can customize these, but we keep the mechanic.)

MISSED-DAY RULE: (FAILURE PLAN)

This challenge is strict because it works.

Miss 1 day:

- Reschedule the full missed session within 24 hours (listen + one directive). No guilt essays.

Miss 2 days:

- Same 24-hour recovery rule plus: shorten your recording and make it sharper (less performance, more conviction).

Miss 3+ days:

- Restart the week you're in (not the whole challenge). We don't "try harder." We restore the system.

PROOF TRACKER: (DAILY)

Track each day with Yes/No + numbers:

- Listen count: 0 / 1 / 2+

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- Directive completed: Y/N

- Loop breaks: 0 / 1 / 2+

- Drift score (1–5): 1 = steady, 5 = drifting hard

- One sentence evidence: "Proof I aligned today: _____"

WEEKLY UPGRADE RULE: (BUILT-IN)

At the end of each week, we upgrade the recording:

Add

- 1 new **"I AM"** line we earned

- 1 new **"YOU ARE NOT"** lie we caught (with immediate **"I AM"** replacement)

- 1 new **"Today I will"** directive line

Remove

- any line that sounds like performance instead of imprint

WEEKLY ARC OVERVIEW:

Week One: Notice the Narrative
Catch the old script. Build Recording v1. Start the listening streak.

Week Two: Speak the Standard
We stop speaking from the wound and start speaking from the direction.

Week Three: Move in Agreement
We prove the imprint under pressure. Drift gets interrupted faster.

Week Four: Stabilize the Imprint
We lock the new default and build our post-28-day rhythm.

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WEEK ONE: NOTICE THE NARRATIVE

Weekly Focus

We train awareness: catching the old identity script before it drives the day.

Week Intro

This week isn't about becoming a new person overnight. It's about seeing what's already running us. Drift usually starts with an old script and we follow it without realizing it. Week One is about catching it, naming it cleanly, and installing Recording v1. Simple is strong. If it feels dramatic, we're performing. If it feels clear and repeatable, we're imprinting.

Week Lesson

Our mind protects what it believes is true, even when that "truth" is stealing momentum. The goal this week isn't confidence. It's clarity.

Most drift follows a predictable chain:

- Pressure hits

- The old narrative speaks

- We treat it like truth

- We move accordingly

This week we interrupt the chain early:

- We name the old script

- We replace it with the "You are not…" → "I am…" pair

- We prove agreement with one small directive

- We train the interrupter with one loop break per day

Win condition: Recording v1 exists, we listened daily, and we caught the script faster than we used to.

This week our job is: build the recording, listen daily, and catch the old narrative every time it tries to steer.

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Recording Upgrade Focus (what changes this week)

- Add 1 line: _____
- Replace 1 lie (You are not…): _____
- Install the replacement (I am…): _____
- Directive line for the week (Today I will…): _____

Weekly Challenge

Do one loop break every day even if we "don't need it." Train the interrupter.

Midday Prompts (Days 1–7)

Day 1 — Name the Old Script: Write one sentence you tell yourself under pressure.

Day 2 — Identify the Trigger: What situations pull that script to the surface? (one example)

Day 3 — Spot the Cost: What does that script steal from you? (peace, follow-through, relationships, energy)

Day 4 — Write the Replacement: Create the "You are not…" + "I am…" pair that directly cancels it.

Day 5 — Build Recording v1: Record short or deep. Keep it clean.

Day 6 — Catch + Replace: Do a loop break within 60 seconds of noticing drift.

Day 7 — Evidence: List 3 small proofs that you moved in agreement this week.

Weekly Checkpoint (3)

1. What was the most common old narrative this week?

2. What replacement line worked best?

3. What "I AM" line are we adding to Recording v2?

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WEEK TWO: SPEAK THE STANDARD

Weekly Focus

We stop speaking from the wound and start speaking from the direction.

Week Intro

Week Two is where we move from noticing drift to installing a standard. Awareness is step one. But if we don't replace the old script with a clear, life-giving word, the default narrative will keep returning, especially under pressure. This week is about speaking who we're becoming with more clarity, more consistency, and less performance. We're not trying to sound impressive. We're trying to sound true and repeat it until it becomes normal.

Week Lesson

A weak internal life is usually a weak internal language. The mind follows the strongest voice. If our inner narrative stays vague, our behavior stays inconsistent.

This week we install a standard through repetition:

We listen to the recording daily (the spoken word)

We speak life with intention (agreement, not emotion)

We back it with one directive (proof)

We break loops faster when drift hits (interruption)

A standard is simply a clear line you refuse to cross because you've decided who you are becoming. That's what your recording does. It draws a line between the old self and the future self.

This week the goal is not to "feel it." The goal is to say it anyway and build evidence that matches it. Evidence reduces negotiation. Negotiation fuels drift.

Win condition: Recording v2 is sharper than v1, directives are clearer, and we start moving with less internal debate.

This week our job is: tighten the recording, speak the standard daily, and prove it with small consistent directives.

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Recording Upgrade Focus (Recording v2)

This week you're upgrading your recording to sound more like a standard and less like a wish.

- Add one standard line: "I live by this standard: _____."
- Add one direction line: "This is where I'm headed: _____."
- Directive line for the week: "Today I will _____." *(keep it small and repeatable)*

Weekly Challenge

Choose one "I AM" line and build one directive that proves it every day this week.

Midday Prompts (Days 8–14)

Day 8 — Cut the Fluff: Remove one line from your recording that feels performative. Replace it with something simpler and truer.
Day 9 — Write the Standard: Add one line that begins: "I live by this standard…"
Day 10 — Tighten the Target: Add one line that begins: "This is where I'm headed…"
Day 11 — Choose the Proof: Pick one 5–10 minute directive and repeat it daily for the rest of the week.
Day 12 — Replace a Lie: Write one "You are not…" lie you still agree with sometimes, and write the direct "I am…" replacement.
Day 13 — Speak It Under Pressure: Listen to your recording while moving (walk/run/lift), then do your directive immediately after.
Day 14 — Upgrade Recording v2: Record the updated version. Short. Clear. Repeatable.

Weekly Checkpoint (3)

1. What line in your recording carried the most weight this week?

2. Where did you feel the most internal negotiation—and what did you do anyway?

3. What "I AM" line are we adding to Recording v3 for pressure moments?

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WEEK THREE: MOVE IN AGREEMENT

Weekly Focus

We prove the imprint under pressure. Drift gets interrupted faster.

Week Intro

Week Three is where the challenge becomes real because pressure reveals defaults. Most people can speak life when they're calm. The difference is whether we can stay aligned when we're tired, stressed, tempted, or triggered. This week we train movement in agreement. Not perfect movement, but consistent movement. We don't rise to our intentions under pressure. We fall to our defaults. So we install a new default through repetition: listen, directive, loop break.

Week Lesson

Drift is not always obvious. Sometimes it looks like procrastination. Sometimes it looks like mood. Sometimes it looks like "I'll do it later." But the result is the same: the old script gets the wheel.

This week we train response speed:

We catch drift earlier

We interrupt it faster

We move sooner

We recover quicker

Loop breaks are the centerpiece this week. A loop break is what happens when you refuse to stay in the old narrative. You notice it, you replace it, and you take one aligned action before it has time to build a case.

This is where your recording becomes a tool, not just a routine. When drift hits, you don't negotiate. You press play. Then you move.

Win condition: loop breaks increase, recoveries become faster, and pressure stops deciding your identity for you.

This week our job is: use the recording as a drift-killer, move in agreement even when you don't feel aligned, and build proof under pressure.

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Recording Upgrade Focus (Recording v3)

This week you're upgrading your recording specifically for pressure moments.

- Add one "pressure line": "When pressure hits, I don't crumble. I respond with clarity and intention."
- Add one "recovery line": "If I slip, I recover fast. I don't spiral."
- Directive line for the week: "Today I will _____."

Weekly Challenge

Minimum of two loop breaks per day. Track them.

Midday Prompts (Days 15–21)

Day 15 — Identify Your Top Two Triggers: What are the two situations where drift hits you hardest?

Day 16 — Write the Replacement Pairs: For each trigger, write one "You are not…" → "I am…" pair.

Day 17 — The 60-Second Win: Catch drift and run a loop break within 60 seconds.

Day 18 — Move Anyway: Do your directive even if you don't feel like it. Then write one sentence of proof.

Day 19 — Recovery Practice: If you drift today, recover within one hour: press play + do one aligned action.

Day 20 — Physical Imprint Day: Listen while moving (walk/run/lift) and let the movement reinforce the word.

Day 21 — Upgrade Recording v3: Record your pressure-ready version. Keep it clean and strong.

Weekly Checkpoint (3)

1. What was your most common trigger this week?

2. Did your recovery speed improve? (faster same-day vs next-day)

3. What is the strongest "I AM" line you want in Recording v4 for stability?

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WEEK FOUR: STABILIZE THE IMPRINT

Weekly Focus

We lock the new default and build the rhythm that continues past Day 28.

Week Intro

Week Four is about stabilization. The goal is not to "finish a challenge." The goal is to leave with a new default. Something you can keep using when the 28 days are over. We're not chasing emotion, we're training identity. And identity is trained through repetition over time. This week we tighten the system, sharpen the recording one final time, and finish with clear proof.

Week Lesson

Identity isn't what we claim once. It's what we repeat until it becomes normal.

This week we focus on stabilization:

We keep listening daily (the spoken word stays in our ears)

We keep directives small and consistent (proof stays on the board)

We keep breaking loops when drift hits (drift doesn't drive)

We upgrade the recording with evidence (it becomes more believable because you earned it)

The goal is not perfection. The goal is consistency with fast recovery. Drift might still show up, but it doesn't get the wheel. The recording isn't just something you listened to for 28 days it becomes a tool you keep.

Win condition: Recording v4 is the strongest version, your chain is consistent, and you know exactly what rhythm continues next month.

This week our job is: stabilize the chain, finish with proof, and build your post-28-day plan.

Recording Upgrade Focus (Recording v4)

This is the final version. It's short, true, repeatable. It should sound like identity you've earned.

- Add one stability line: "I am steady. I follow through."
- Add one future rhythm line: "This is the rhythm I keep after Day 28: _____."
  (simple and realistic)

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Weekly Challenge

One directive each day must benefit someone else: service, leadership, encouragement, cleanup, order, or follow-through that strengthens your household/team.

Midday Prompts (Days 22–28)

Day 22 — Evidence Statement: Write one clear evidence line and add it to your recording: "I proved I can…"
Day 23 — Stewardship Rep: Clean up one neglected area (space, schedule, body, finances).
Day 24 — Relationship Weight: Choose one conversation where you stay calm, clear, and grounded.
Day 25 — Drift Audit: Name what still pulls you into the old script and write the replacement pair.
Day 26 — Quiet Authority: Take one action you've been delaying without announcing it.
Day 27 — Post-28 Rhythm: Decide what continues (minimum effective dose): how often you listen, speak, and do directives.
Day 28 — Upgrade Recording v4: Record the final version. Short. True. Repeatable.

Weekly Checkpoint (3)

1. What is the clearest proof you're different than Day 1?

2. What part of the chain do you need to protect most going forward (listen, directive, loop break, upgrade)?

3. What is your "minimum rhythm" for the next 30 days?

CLOSING

You didn't just "think positive" for 28 days, you trained a new internal direction. You spoke it, you heard it, you broke loops when drift showed up, and you backed it with proof. That's how identity becomes real: not by emotion, but by repetition and agreement.

Now don't lose the momentum by treating this like a one-time challenge. Keep your recording alive. Upgrade it as you grow. Use it when pressure hits. Let your future keep speaking to your present until your present starts living like it.

At **DOMYN3**, we exist to help people live from the inside out, with purpose. Together, Creating Wholeness, Unleashing Freedom.

THE IMPRINT PROTOCOL — 28-DAY TRACKER

Daily Key:

- **L** = Listen to the recording *(the spoken word)*

- **D** = Directive *(proof action)*

- **B** = Loop Break *(interrupt drift)*

Recovery Code (only if drift happens):

- **F** = Fast recovery (under 10 minutes)

- **S** = Same-day recovery (later that day)

- **N** = Next-day recovery

How to use: Circle **L / D / B** each day you do them.
If drift happened, write **F / S / N** on the blank line.

WEEK ONE

1 [L D B] _____ 2 [L D B] _____ 3 [L D B] _____ 4 [L D B] _____ 5 [L D B] _____ 6 [L D B] _____ 7 [L D B] _____
Week 1 Upgrade: ☐

WEEK TWO

8 [L D B] _____ 9 [L D B] _____ 10 [L D B] _____ 11 [L D B] _____ 12 [L D B] _____ 13 [L D B] _____ 14 [L D B] _____
Week 2 Upgrade: ☐

WEEK THREE

15 [L D B] _____ 16 [L D B] _____ 17 [L D B] _____ 18 [L D B] _____ 19 [L D B] _____ 20 [L D B] _____ 21 [L D B] _____
Week 3 Upgrade: ☐

WEEK FOUR

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22 [L D B] _____ 23 [L D B] _____ 24 [L D B] _____ 25 [L D B] _____ 26 [L D B] _____ 27 [L D B] _____ 28 [L D B] _____

Week 4 Upgrade: ☐

THE IMPRINT PROTOCOL — SCORECARD (TANGIBLE PROOF)

Step 1: Count Your Totals

- **Listen Days (L):** _____ / 28

- **Directive Days (D):** _____ / 28

- **Loop Break Days (B):** _____ / 28

Recovery Totals (only if used):

- **F (Fast):** _____

- **S (Same-day):** _____

- **N (Next-day):** _____

- **Upgrades Completed:** _____ / 4

Completion Levels (Simple + Legit)

PASS (You ran the chain)

- **L:** 24/28

- **D:** 20/28

- **B:** 20/28

- **Upgrades:** 4/4

COMPLETE (Strong evidence)

- **L:** 26/28

- **D:** 24/28

- **B:** 24/28

- **Upgrades:** 4/4

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- **F:** 6+ (you recovered fast at least 6 times)

MASTER (Identity installed)

- **L:** 28/28

- **D:** 26/28+

- **B:** 26/28+

- **Upgrades:** 4/4

- **F:** 10+ (fast recovery is becoming your default)

Final Receipt (1 Sentence)

I proved this worked because: _____

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