



Restart the journal

Mark incomplete history honestly, then begin with one new decision.

Last reliable record

SECTION 01

1. Last reliable journal entry
2. Gap: dates unrecorded or incomplete

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3. What records still exist, if any

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4. What those records cannot establish

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New decision

SECTION 02

5. Date and session window

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6. Planned participation and applicable plan

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7. One decision I made

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Evidence for the new entry

SECTION 03

8. What I recorded at the time (source or timestamp)

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9. What I only remember now

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10. What is unknown or not recorded

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11. Outcome, if relevant (separate from process)

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Next-session cue

SECTION 04

12. When this happens

13. I will record this one detail

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