

DEFY TOMORROW

Start with what's here.

A fourteen-entry writing experience

Let the words come.

Look at them together.

Follow what matters.

Scott Fasano

Remembrance-Based Transformation™

Somewhere to say it.

I built systems for a living. It took me much longer to see the ones running me.

Writing gave me somewhere to say things before I understood them. Working with AI, I could read my words back, question what it saw, and notice connections across moments I had kept separate. Some of the most important moments came when a readback brought something forward that I had written without quite hearing it.

These pages come from that experience. You bring your own. The questions give you places to look. Your own words give us something to work with.

What this gives you

Fourteen invitations to write, several deliberate returns to earlier entries, and AI prompts for working with your own words. Name something you have been carrying. Stay with it, look again and see what follows. Relief may come from finally giving it words. Other material may ask for more attention.

Use the days as invitations

One entry a day is a useful rhythm. Take longer when something matters. A missed day creates no debt. You can begin again where you left off, revisit an entry, or choose a question that is closer to what is present.

Keep one record

Use these writing pages, a notebook or a document you control. Keep your entries, readbacks, corrections and questions together. The space supplied is a beginning, not a word limit. Let the writing continue elsewhere when it needs to.

Scott

Write before shaping it.

Let the words arrive

Start with the main question. Follow a smaller question when it takes you closer. Leave fragments, repetition and contradictions. If a story comes naturally, let it come. Keep writing before shaping it into a lesson or explaining yourself to someone else.

Follow what is actually there

“I don’t know” can stay on the page. So can anger, gratitude, wanting two incompatible things, or not feeling much. Write from what is present rather than what the invitation seems to expect. If you drift into something that matters more, follow it.

Stay without forcing

When you want to explain something away, try another sentence first. You can sit with an uncomfortable admission without immediately changing your life around it. You can also pause. How much it hurts does not measure how honest you are being.

Let it remain said

At the end, read one line back. Let yourself hear it. Notice how it is to have given it words. The question at the bottom of each writing page can travel with you into the next entry.

Choose what to share

Your journal is private unless you choose otherwise. Use only material you are comfortable sharing with an AI service or another person; consider removing identifying details. This experience does not require telling anyone your most difficult story. If writing becomes overwhelming, stop and reach for someone you trust or appropriate support.

This is guided personal reflection. It is not therapy or crisis support.

Work with the mirror.

AI works with you through readbacks, questions and possible connections across your writing. It can bring forward something you had not noticed. It can also miss, oversimplify or introduce an interpretation that does not belong. Your corrections are part of the record.

Set up once

Use an AI tool you can paste text into. Its account requirements and usage limits apply separately. Paste the guide instructions on the next page before sharing entries. This journal does not include a hosted AI account. Handwritten entries can be typed or shared in selected excerpts.

At each readback

Share the entries the prompt asks for, including your corrections. Read the reflection. Mark what fits, what misses and what needs more context. Answer one question that matters, or ask the guide to change its reading. You can request another readback at any point.

Let the feeling have room

A readback can land hard. You do not have to explain away that experience. Stay with what caught you, then look at the words and context behind it. Feeling something strongly is worth exploring; it does not settle whether every part of the interpretation is accurate.

Preserve the thread

Continue in the same chat when practical, while keeping your own record outside it. A new chat does not automatically know an earlier one. Long chats can also lose details. Bring the relevant entries and corrections back into view; do not rely on the tool to remember them all.

When you want another reading

Try “That is close, but this part is wrong...” or “Show me the words you used to make that connection.” If the guide turns your writing into a diagnosis, a tidy story or a declaration that you are transformed, ask it to return to the material.

Guide instructions

Copy the whole block below once. Then use the readback prompts in Entries 3, 7, 11 and 14.

I am working through Start With What's Here, a fourteen-entry writing experience from Scott Fasano and Defy Tomorrow. Help me examine my own writing.

Reflect what I actually share. Keep the readback plain, specific and recognizable. Preserve uncertainty and contradictions. Use brief excerpts when suggesting a connection, and distinguish my statements from your interpretation.

Look for recurring words, reactions, concerns, desires and differences across the entries I provide. Do not force a pattern. Offer a possible connection so I can examine it, including what complicates it. Do not invent missing experiences or causes. Never present an inferred event as a recovered memory.

Ask one open question at a time, grounded in my words. Wait for my response. Follow the thread I choose rather than steering toward a predetermined revelation. Welcome corrections and revise your reading without defending it.

Do not edit my writing into a publishable story unless I specifically ask. Do not diagnose me, prescribe treatment, or announce that a problem is healed or permanently resolved. Do not treat discomfort, relief or resonance as proof that an interpretation is true.

Let something remain named and unfinished. If I want to examine an action or decision, help distinguish what I know, what I am predicting, what is mine to decide and what needs information or support. Do not push action merely to finish the exchange.

Work only with the entries and corrections available here. Say when context is missing. If I ask about earlier material you cannot see, ask me to supply it.

Keep responses concise enough that I can continue writing. You are helping me look; you are not deciding what my experience means.

Begin by asking which entry I am on and what I want to share.

Assume it's close, not perfect. If it's off, correct it.

What is here?

What is taking up space in you today?

Start with something close. An ordinary moment, a conversation, something that happened this morning, or a thought that keeps interrupting you.

Write what comes before deciding what it means. If you find yourself explaining the situation beautifully, notice what you have left out. Write that sentence, too. Leave the fragments and contradictions. Let “I don’t know” have its place.

If you want another way in

What happened, and what stayed with me afterward?

What am I thinking that I would usually edit out?

Read one line back. Leave the entry open where the writing stops.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

The version you give

What do you usually say about this, and what gets left out?

Think of the account you give when someone asks how things are going. It may be accurate. It may also leave out something important.

Write that familiar account first. Then keep going past the point where you normally stop. You can appreciate your life and admit that something is difficult inside it. Let both be on the page.

If you want another way in

What do I say because it is easier to explain?

What would I add if I did not have to manage someone's impression of me?

Give the private account somewhere to exist.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

Look again

What do you notice when you read your own words back?

Return to your first two entries. Read them without fixing the writing. Notice a phrase you recognize, something that surprises you, or a place where you want to add more.

Use the guide instructions in the opening pages, then the AI prompt below. Keep its response beside your writing. Read it again after you have corrected it. If you prefer to begin on your own, mark the lines that catch you and write from one of them.

If you want another way in

What fits, and what does not?

What did I leave out that would change the reading?

AI readback · Copy, then add your writing

Using only the entries I share below, reflect what I have said in one plain paragraph. Point to the words behind any connection you suggest. Keep contradictions and uncertainty visible. Do not explain my childhood, motives or diagnosis. Separate what I explicitly said from your interpretation. Then ask one open question grounded in my words. Wait for my correction or response.

[Paste Entries 1 and 2.]

A good correction is part of the experience. Keep it in the record.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

What it takes

What does keeping this part of life working require from you?

Choose one role, responsibility or situation that matters to you. Describe an actual day inside it. What you do, what you postpone, what follows you home.

Give room to what this brings into your life as well as what it takes. A responsibility can be worth carrying and still need a more honest account of its cost. Look at the whole exchange.

If you want another way in

What do people see me handling, and what do they not see?

What am I giving willingly? Where does the exchange feel different?

Put the cost into words. Stay long enough to hear what you have said.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

Stay for another sentence

Where do you want to explain, dismiss or move away?

Look for a sentence you nearly did not write. Or one you quickly followed with a joke, a justification or “it’s not that bad.” Stay with that sentence for a little longer.

Describe what happens as you read it. Irritation, relief, nothing much, an urge to close the page. Whatever is actually there. Discomfort can give you somewhere to look. It does not tell you what the answer must be.

You can pause. Coming back is part of staying with something.

If you want another way in

What do I want to say immediately after this sentence?

What else comes if I do not rush to explain it?

Before explaining it away, write one more honest sentence.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

What keeps returning

What keeps coming back, even when you cannot explain why it matters?

A memory. A word. Something someone said. A moment that seems unrelated to the rest of these pages. A question you have not quite asked.

Write it as it arrives. Follow the details that stay with you and the thoughts that come beside them. Let the connection emerge, if there is one, rather than supplying a reason for its return.

You may find a question underneath it. Write that, too. Include what you hope, what you fear and what you actually know.

If you want another way in

What part of this stays with me?

What else comes when I give it room?

Keep this material in the record, even while its place remains unclear.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

The first return

What is beginning to connect across these entries?

Bring your first six entries together, including any corrections to the first readback. Let the guide look across the material you have actually supplied.

Choose one possible connection that catches you. Put it beside an actual moment from your life. Add context. Challenge it where it misses. Follow the part that gives you somewhere useful to look.

If you want another way in

Where do I see this connection in an actual moment?

Where does it not fit? What would make the reading more accurate?

AI readback · Copy, then add your writing

Read these entries and my earlier corrections together. Identify up to two recurring threads, using brief excerpts and entry numbers. Describe them as possible connections, not established causes. Include any difference or contradiction that complicates the reading. Ask one question that would help me examine the strongest thread. Do not produce an action plan. Wait for my response.

[Paste Entries 1–6 and the corrected readback.]

Write your own account of the thread. Include the correction that makes it more accurate.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

When you can breathe

When do you feel less need to manage yourself?

Write about a real moment when you felt more at ease being yourself. A walk. A kitchen. A person who did not need you to perform. A room where you could say what you meant.

Stay with the details. Where you were, what happened, what you could let go of for a moment. If no such moment comes readily, write about what would make today a little more manageable.

If you want another way in

What was present in that moment?

What was absent that is usually there?

Give this ordinary moment the same attention you have given the difficult ones.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

What you brush past

What have you shown that you rarely give yourself room to recognize?

Choose a specific moment you tend to minimize. Something you handled, offered, endured or cared for. A small moment can reveal a great deal.

Tell what happened before explaining why it was no big deal. Include help you received. Let your contribution remain visible alongside theirs.

If you want another way in

What did I actually do in that moment?

What do I leave out when I tell it as “nothing special”?

Read the account before you add “but anyone would have done that.”

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

What you want to say

What do you want, miss or need that you keep negotiating away?

Let the desire come before the argument about whether it is practical, deserved or available. Write about how it might appear in an ordinary day.

Wanting gives you something real to examine. Describe the want itself, then the response that follows it. If two wants conflict, keep both on the page.

If you want another way in

What would I allow myself to name before asking how?

What do I dismiss with “I shouldn’t need that”?

Name it plainly. Notice what happens when you let yourself hear it.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

The fuller picture

What changes when the difficult parts sit beside the rest of your life?

Return to the thread you examined in Entry 7. Bring in the moments of ease, contribution and desire from Entries 8–10.

See whether the earlier reading holds, needs revision or misses something important. You may recognize a quality you have been using without naming it. You may also find that the explanation was too simple. Both are useful.

If you want another way in

What can I see now that the earlier reading left out?

What is still true? What needs correcting?

AI readback · Copy, then add your writing

Revisit the possible thread below using my newer entries. Do not defend your earlier interpretation. Show what the new material supports, complicates or contradicts, with brief excerpts. Keep my strengths and desires visible alongside the difficulty. Ask one question grounded in this fuller picture and wait.

[Paste the Entry 7 thread and corrections, then Entries 8–10.]

Keep the revised reflection. The record should be allowed to change.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

Where it happens

What happens when you meet this in your actual life?

Choose a recent situation where something from the writing came into view. Write what happened in sequence. What someone said. What you noticed. What you did. What followed. If no such moment comes to mind, choose a recent situation and look at it without forcing a connection.

Perhaps you had the conversation, made a decision, or responded differently. Perhaps the familiar discomfort remained, but you stayed instead of immediately obeying it. Perhaps you repeated the usual response. Include what actually happened.

Compare what you expected with what followed. A compelling explanation and a change in how you live are different things. Give both an honest account.

If you want another way in

What did I expect, and what actually happened?

Where did I have a choice? What did I do with it?

Name any next decision plainly. If you take it, return and record what follows.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

Let it settle

What is it like to let something remain named without immediately doing more?

Return to something you have put into words. Read it, then give yourself a little room before responding. Sit, walk or go about part of your day.

Notice what follows. Perhaps relief. Perhaps grief, resistance, uncertainty, or no noticeable shift. Let it remain said while you see what happens. Then write from that experience.

If you want another way in

What feels different, if anything?

What do I still want to explain, solve or take back?

Give what you have named some room to settle.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

What comes with you

What can you name now, and what do you want to keep looking at?

Read your first entry and your latest reflection. Look at what you wrote, what you corrected, and what happened outside these pages.

Describe any change in your own words. Include what has not changed and what remains uncertain. Choose something you want to carry forward. A question, a practice, a conversation, a decision, or the next thing you want to write.

If you want another way in

What can I say more plainly now?

What remains unresolved? What would help me continue?

AI readback · Copy, then add your writing

Read my first entry and the closing account below. Compare what I explicitly said then and now. Distinguish a change in language or understanding from a change in behavior I have actually reported. Do not announce a breakthrough or permanent transformation. Reflect what remains open. Ask one question about what I want to carry forward.

[Paste Entry 1, your closing account and any relevant corrections.]

The next page belongs to you. You can continue without buying anything.

Let the words come.

Date _____ Continue in your own document whenever you want.

What question am I carrying right now?

Keep what is yours.

You have a record you can return to. It may contain something you have never said quite this way, a connection you want to examine, or an unfinished question. You do not need to turn it into a finished account of yourself.

Keep writing

Return to any entry. Start with an ordinary moment. Bring the relevant writing and your corrections into a readback when you want another look. You can continue this practice without buying anything.

If you want to go deeper

Defy Tomorrow offers a wider structure for this same practice. You can bring your record with you. The next experience does not require you to discard what surfaced here.

Harsh Realities

A focused standalone journey into unresolved things, their weight, today's reality, feared outcomes and what is yours to do.

The Complete Defy Tomorrow Journey

Seven connected arcs through your story, strengths, center, desires, unresolved realities, relationships and trust.

The Defy Tomorrow Cohort

An eight-week live group with Scott, writing between sessions and a consistent room to return to. The waitlist is free; dates and group placement are confirmed before payment.

Explore these paths and their current availability at defytomorrow.com. Read Scott's living writing at [Already There](#).

[Explore Defy Tomorrow](#)

Bring the thread with you.

Use this when returning to the guide or beginning a course. Share only what you choose. It is a record of where you are, not a final definition of who you are.

The phrase or question I want to keep

A connection I am examining

What I corrected or still question

What happened outside the writing

What I want to look at next

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