TUTORWOW

Every Action Casts a Vote

Turn each study session into evidence of who you are



THE STUDY LAB

TutorWow

01 Every action votes



"I want a 95 ATAR" is a wish about the future. "I am the type of student who shows up to my desk most afternoons" is a claim about who you are right now. A wish sits on the horizon and asks nothing of today. A claim has to be kept true today, so it pulls action toward it. Every single thing you do either matches the claim or contradicts it, and the brain keeps a running tally.

Think of each action as a vote. Sit down for fifteen minutes and you cast a vote for "I am a student who studies". Skip it and the vote goes the other way. No single vote decides the election. The running total does. This is why the once-a-fortnight grinder loses to the daily fifteen-minute student. The daily student casts hundreds of votes a month while the grinder casts a handful, and the brain believes the count rather than the intention.

The core idea

- **Every action is a vote for a type of person.** The brain tallies behaviour rather than good intentions.
- **Frequency beats size.** Fifteen minutes daily out-votes three hours a fortnight, easily.
- **The pattern decides the outcome, never a single day.** One missed session is one vote against a large total.

Why setbacks stop being a crisis

When your habits are tied to identity, a bad practice paper loses its sting. It reads as one data point about what still needs work, a single vote against a large running total. The student who ties their worth to each result rides a rollercoaster. The student who counts votes stays level, because they know one poor session cannot outweigh a month of showing up. That stability is itself a reason the votes keep landing on the right side.

02 Shrink the identity



1. Take an outcome goal you already chase, like a band or an ATAR.
2. Translate it into the identity sitting underneath it. Turn "I want a band 6" into "I am someone who starts before it is urgent".
3. Shrink the identity until it is one you can honestly claim today instead of one you have to aspire to. Pick something describable over something impressive.
4. Choose one small action that votes for it, small enough that you cannot talk yourself out of it.
5. Do that action daily and let the votes stack. Read the identity line before you sit down each time.

In practice. Watch for identities that are too big. "I am a top-cohort student" gets rejected the first afternoon you fall short, and a rejected identity votes against you. Start with one you can defend today, like "I am someone who does fifteen minutes", and let it grow as the evidence piles up.

A worked example

A Year 10 student wants to "get better at English", which is a wish that changes nothing on a Tuesday. They translate it into an identity they can hold: "I am someone who writes one paragraph a day." Small enough to hold and keep. Each night they write a single paragraph, tick it off, and note the vote. Some are rough. It does not matter, because the vote counts the showing up rather than the quality. Three weeks in, the tally is strong enough that skipping a night feels wrong, and the habit is running off self-image rather than reminders.

03 Keep the claim small



Watch out. The common mistake is claiming an identity and then contradicting it. Announce "I am a study person" and skip three days, and the gap between the claim and the behaviour breaks the wrong way. The brain resolves the clash by dropping the claim. So keep the identity small enough that daily life can actually back it up. A modest claim you keep beats a grand one you break.

Set this up once, then let it run on its own tally. The aim is a steady stream of small votes the brain cannot ignore. One heroic week does far less than a month of ordinary ones.

Cast your first vote

Cover the guide and fill these from memory. No marks, just recall.

The outcome goal I usually chase:

The small identity sitting underneath it:

The daily action that votes for it:

The line I will read before I sit down:

Make it stick. Come back in two or three days and redo the exercise from memory, without looking. The gap between attempts is what fixes it.

New to TutorWow? A free 30-minute call shows exactly where the gaps are and how to close them.

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