

A YEAR OF AFFIRMATIONS YOU CAN BELIEVE

2027

FREE • 11 REAL PAGES

The Believable Year

Fifty-two weekly pages of affirmations you write yourself: what is true now, what isn't yet, and one small plan. Type on your phone, or print.

Jo sach lage, wahi likho.

52 weekly pages

A board for the doing

25 phone wallpapers

30 sources

THIS JOURNAL BELONGS TO



Tap the line and type your name. It appears on every page.



LITTLE ELSEWHERE

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

How this book works

Ten minutes a week is enough. Everything else is a bonus.



Once a month

10 minutes



Each month opens with a page of its own: a theme, its dates, a look back, and one plan.

Once a week

10 minutes



A page for each of the 52 weeks: one true thing, one plan, three good things, one thank-you.

Any day

2 to 5 minutes



Morning, night and bad-day pages at the back, for whenever you want them. [Page 75](#) explains them.

No streaks, ever

Missed a week? Turn to this week's page and carry on. In a well-known study of how habits form, missing a day did not materially change the result²¹. Blank pages are allowed. Nobody is checking.

Two ways to use it

On a phone or laptop: tap a line, type, and save. Every printed line is its own typing line, the same in every app: when one is full it stops, and you tap the next. What you type shows in **blue ink**, so your words stand out. For typing, the free **Adobe Acrobat Reader** works best, on Android, iPhone, Windows and Mac. Apple's Preview and Files open it too, but typing there can lag: words sometimes only redraw when you turn the page. Google Drive's preview only shows the pages. **On paper:** print any page on A4, in colour or black and white.

Finding your way

Tap a month on the right-hand edge of a page to jump to it. Tap **Go to Table of Contents** at the bottom of a page to come back. Page numbers in the text are links too. The phone-shaped pages (the board, the card, the wallpapers) have no tabs or buttons, so your screenshots stay clean.

Private by design

What you write stays in your copy of the file. Nothing is sent anywhere.

YOUR FIRST TEN MINUTES

Start with what matters to you

page 5

This book shares general information for everyday life. It is not therapy and does not replace a doctor. If it's more than a bad day, [turn to page 91](#).





No one here will ask you to repeat “I am...”

In a well-known study, people repeated “I am a lovable person” sixteen times. Those who already felt good about themselves felt a little better. Those with low self-esteem felt **worse**¹. Most affirmation products are built on exactly that kind of line. This book does four other things instead, in the same order you will meet them on every weekly page.

1 Write what’s true, and what isn’t yet

In the same study, thinking about how a statement was both true and not yet true did not make people feel worse¹.

2 Start from what you value

Writing about something you value is the kind of self-affirmation with real research behind it^{2,3}.

3 Make one if–then plan

“If this happens, then I will do that.” Across 94 tests, the strongest effect I found⁵.

4 Thank someone, and send it

In a 2026 study of more than 10,000 people, writing to someone and sending it did the most good of six gratitude exercises¹². Weekly gratitude did better than three times a week¹⁰.

HOW BIG ARE THESE EFFECTS? SMALL.

Gratitude exercises average an effect of about 0.19, which is real but modest¹¹. Planning exercises work less well from a page alone than with a coach⁶, and this book is a page. It can help you notice, and plan. It cannot fix a hard life, and it isn’t therapy. If it’s more than a bad day, [see page 91](#).

The small numbers point to the sources. Tap one to jump there. All 30 are listed on [pages 125–126](#), each with a note on how strong the evidence is.



MY DOING BOARD · 2027

Where I'm going, and how



Where I'm going
one picture, just one

your photo · how: the page before



The doing · 1
what it looks like

your photo · how: the page before



The doing · 2
where and when

your photo · how: the page before



The doing · 3
what I'll use

your photo · how: the page before

Words I believe



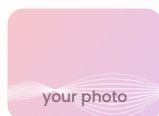
TRUE NOW

NOT YET

If this gets in the way

then I will

My people



2027 at a glance



Shaded dates are national holidays and major festivals. Tap a month's name to go there.

January

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

September

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Dates from the Government of India's holiday list for 2027 (DoPT, 16 July 2026)²⁷, with Teachers' Day and Children's Day added. Festivals that follow the moon can move by a day where you live. Each month's opening page has room for your own family's dates.



January 2027

A new year, and one quiet question



A new year arrives with a lot of advice. This month asks something quieter: what matters to you? Each week, notice it in something you did, not in something you promise.

Naya saal, wahi aap. Bas thoda dhyaan se.

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This month

Fri 1	New Year's Day
Thu 14	Makar Sankranti · Magha Bihu
Fri 15	Pongal
Tue 26	Republic Day

Our own dates birthdays, festivals, anniversaries

One thing from 2026 I'm glad about:

This month, I want a little more of:

My plan for the month:

If _____

then I will _____

This month, ask them: "What mattered most to you when you were my age?" Their answer goes on [page 92](#). And your wish for the year is on [page 7](#).

THIS MONTH'S WEEKS

Week 1 · 4 Jan · p. 12

Week 2 · 11 Jan · p. 13

Week 3 · 18 Jan · p. 14

Week 4 · 25 Jan · p. 15



4 – 10 January 2027



THIS WEEK, THINK ABOUT

Which of your values showed up this week, even in something small?



Ask someone far away the same question

1 One true thing

One half true now, one half not yet. Both halves are allowed.

True now:

Not yet, and that's okay:

2 One plan for the week

Small and specific beats big and vague.

If

then I will

3 Three good things this week

1

2

3

Someone to thank

Write it, then send it to them.

☐ Sent it

The week, overall

Circle or tap one.

1

2

3

4

5



NOTES



WEEK 1 DONE?

Tap the circle to seal it



One true thing for today

Not a line to repeat. A line you can believe.



1 What matters to me today

Tick one or two. Jo aaj sabse zaroori lage.

- | | | | | |
|-----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|
| ☐ Family | ☐ Health | ☐ Patience | ☐ Kindness | ☐ Courage |
| ☐ Learning | ☐ Honesty | ☐ Calm | ☐ Faith | ☐ Fun |

2 Write it so you believe it

One half true now, one half not yet.

This is already true about me:

This isn't true yet, and that's okay:

FOR EXAMPLE

True: I am patient with my children, most mornings.

Not yet: at 8:15, when the school bus is late and nobody can find a sock.

3 One plan for today

Small and specific beats big and vague.

If _____

then I will _____

Tonight, one person to thank

☐ Sent it

How I feel right now



NOTES



When it's more than a bad day

This book is for ordinary days. Some days are not ordinary, and that is not your fault.

Please talk to a doctor or a counsellor if you have felt low most of the day, nearly every day, for two weeks or more²⁸, or if you notice several of these:

- Trouble concentrating
- Feeling guilty or worthless
- Feeling hopeless about the future
- Sleep that is badly disturbed
- Big changes in appetite or weight
- Feeling very tired or low in energy
- Thoughts about dying

IF YOU ARE THINKING ABOUT HARMING YOURSELF, CALL NOW

Tele MANAS: 14416

or 1800-89-14416. The Government of India's free mental-health helpline.

Emergency: 112

Police, fire and ambulance, anywhere in India.

You don't need to be in crisis to call Tele MANAS. Talking early is allowed.

Numbers checked in October 2026^{28,29,30}.





JANUARY 2027

*I don't need a new me. I
need a few days that look
like what I care about.*

Naya saal, wahi aap. Bas thoda dhyaan se.

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Every claim, and where it comes from

Every source below was checked for this edition in October 2026. Where I could only read a summary, I say so. Grades: A guideline or official source · B review, meta-analysis or large trial · C single study · R practical resource.

1. **C** Wood JV, Perunovic WQE, Lee JW. Positive self-statements: power for some, peril for others. *Psychological Science* 2009;20(7):860–866. [Read it](#)
2. **B** Cohen GL, Sherman DK. The psychology of change: self-affirmation and social psychological intervention. *Annual Review of Psychology* 2014;65:333–371. [Read it](#)
3. **B** Epton T, Harris PR, Kane R, et al. The impact of self-affirmation on health-behavior change: a meta-analysis. *Health Psychology* 2015;34(3):187–196. [Read it](#)
4. **R** Sherman DK, Lokhande M, Müller T, Cohen GL. Self-affirmation interventions. In: *Handbook of Wise Interventions*, 2021, pp. 63–89. The values-writing procedure. [Read it](#)
5. **B** Gollwitzer PM, Sheeran P. Implementation intentions and goal achievement: a meta-analysis of effects and processes. *Advances in Experimental Social Psychology* 2006;38:69–119. 94 tests, $d = 0.65$. [Read it](#)
6. **B** Wang G, Wang Y, Gai X. A meta-analysis of the effects of mental contrasting with implementation intentions on goal attainment. *Frontiers in Psychology* 2021;12:565202. 21 studies, $g = 0.34$; smaller (0.28) when done from a document alone. [Read it](#)
7. **C** Oettingen G, Mayer D. The motivating function of thinking about the future: expectations versus fantasies. *Journal of Personality and Social Psychology* 2002;83(5):1198–1212. [Read it](#)
8. **B** Carrillo A, Rubio-Aparicio M, Molinari G, et al. Effects of the Best Possible Self intervention: a systematic review and meta-analysis. *PLOS ONE* 2019;14(9):e0222386. 29 studies; optimism $d = 0.33$. [Read it](#)
9. **C** Meevissen YMC, Peters ML, Alberts HJEM. Become more optimistic by imagining a best possible self. *Journal of Behavior Therapy and Experimental Psychiatry* 2011;42(3):371–378. [Read it](#)
10. **C** Lyubomirsky S, Sheldon KM, Schkade D. Pursuing happiness: the architecture of sustainable change. *Review of General Psychology* 2005;9(2):111–131. Weekly gratitude did better than three times a week. [Read it](#)
11. **B** Choi H, McCullough ME, Oishi S, et al. Gratitude interventions in 28 countries. *PNAS* 2025;122(28):e2425193122. 24,804 people; overall $g = 0.19$. [Read it](#)
12. **B** A 2026 gratitude megastudy of more than 10,000 people in 34 countries (PNAS, doi 10.1073/pnas.2537789123). Writing and sending a message to someone had the largest effect. I read the published summary, not the full paper. [Read it](#)
13. **C** Seligman MEP, Steen TA, Park N, Peterson C. Positive psychology progress: empirical validation of interventions. *American Psychologist* 2005;60(5):410–421. [Read it](#)
14. **C** Mongrain M, Anselmo-Matthews T. Do positive psychology exercises work? A replication of Seligman et al. (2005). *Journal of Clinical Psychology* 2012;68(4):382–389. The gains were no bigger than recalling happy memories. [Read it](#)



Sources, continued

15. **C** Lieberman MD, Eisenberger NI, Crockett MJ, et al. Putting feelings into words: affect labeling disrupts amygdala activity. *Psychological Science* 2007;18(5):421–428. [Read it](#)
16. **C** Torre JB, Lieberman MD. Putting feelings into words: affect labeling as implicit emotion regulation. *Emotion Review* 2018;10(2):116–124. Mostly laboratory evidence. [Read it](#)
17. **B** Ferrari M, Hunt C, Harrysunker A, et al. Self-compassion interventions and psychosocial outcomes: a meta-analysis of RCTs. *Mindfulness* 2019;10:1455–1473. 27 trials. [Read it](#)
18. **R** Neff K. Exercise 1: How would you treat a friend? self-compassion.org. [Read it](#)
19. **B** Fincham GW, Strauss C, Montero-Marín J, Cavanagh K. Effect of breathwork on stress and mental health: a meta-analysis of randomised-controlled trials. *Scientific Reports* 2023;13:432. Stress $g = -0.35$. [Read it](#)
20. **C** Balban MY, Neri E, Kogon MM, et al. Brief structured respiration practices enhance mood and reduce physiological arousal. *Cell Reports Medicine* 2023;4(1):100895. Cyclic sighing; no no-practice control. [Read it](#)
21. **C** Lally P, van Jaarsveld CHM, Potts HWW, Wardle J. How are habits formed. *European Journal of Social Psychology* 2010;40(6):998–1009. Missing a day did not materially affect habit formation. [Read it](#)
22. **C** Dixon L, Hornsey MJ, Hartley N. “The Secret” to success? The psychology of belief in manifestation. *Personality and Social Psychology Bulletin* 2025;51(1):49–65. A survey link, not proof of cause. [Read it](#)
23. **C** Pham LB, Taylor SE. From thought to action: effects of process- versus outcome-based mental simulations on performance. *Personality and Social Psychology Bulletin* 1999;25(2):250–260. 101 students; picturing the studying did better than picturing the grade. [Read it](#)
24. **C** Dai H, Milkman KL, Riis J. The fresh start effect: temporal landmarks motivate aspirational behavior. *Management Science* 2014;60(10):2563–2582. Searches for “diet”, gym visits and goal sign-ups rose after new weeks, months, years and birthdays. Observational data. [Read it](#)
25. **R** Regional new-year dates for 2027 checked against Drik Panchang and Prokerala calendars and state holiday lists, October 2026. Dates set by the moon can move by a day where you live. [Read it](#)
26. **A** Income-tax Act, 2025, section 3(1): the tax year is the financial year beginning on 1 April. [Read it](#)
27. **R** Department of Personnel and Training, O.M. F.No. 12/2/2023-JCA dated 16 July 2026: holidays for 2027 (gazetted and restricted lists). [Read it](#)
28. **A** World Health Organization. Depressive disorder (depression), fact sheet, updated 11 September 2026. [Read it](#)
29. **R** Directorate General of Health Services. Tele MANAS, national tele-mental health helpline: 14416 or 1800-89-14416. [Read it](#)
30. **R** Ministry of Home Affairs. Emergency Response Support System: 112. [Read it](#)

Research is summarised in my own words. Most of these studies were done outside India: people are much the same, lives are not, so treat the numbers as a guide. Found something wrong? Please write to littleelsewhere.help@gmail.com.



IF THOSE PAGES HELPED

The rest of the book

The full book is a whole year: twelve month openers and fifty-two weekly pages, each with its own question.



51 more weekly pages

A new question every week, with India's 2027 holidays already marked.



11 more month openers

Each with its own theme, calendar, look back and one plan.



24 more wallpapers

A lock screen and a home screen for every month, and one for your own line.



A seal for every week

Tap the circle when the week is done, and a painted lotus seal appears.



Restart days

Missed weeks? India's other new years are marked as days to start again.



Ask them while you can

One question a month for your parents or grandparents.

ONE THING TO KNOW

Repeating cheerful sentences you don't believe can backfire: in one well-known study it left people with low self-esteem feeling worse (Wood and colleagues, 2009). This book asks you to write what is true, which is why it works differently. The effects in the research are real, and small. If you want a book that promises money or love will simply arrive, this one isn't it.

The Believable Year 2027

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