



Morning

On waking · ~7 min

Before you reach for your phone. Free flow — no editing, no grammar. The quality of attention matters, not the writing.

1 What's already here.

Three things you appreciate that you already have. Small counts — health, people, a place to sleep, work you find meaningful.

2 What I'm carrying.

Whatever's pulling at you, get it out onto the page. Don't solve it. A worry just wants attention — writing it down is often enough.

3 One small move.

The single thing that would feel like real progress today. Size it for even a low-capacity day.

4 What I'm open to.

How would you love today to feel? What would you like more of — ease, flow, connection, unexpected progress? Invite what you want, not what you don't.



Do this before you close your eyes. What you fall asleep feeling, your body looks for more of tomorrow.

1 What today brought me.

Something supportive that just showed up — you didn't have to chase or earn it. A small synchronicity, unexpected help, a moment that arrived without effort.

2 What I'm inviting tonight.

A simple instruction to hand to the night. What do you want your mind working on while you sleep? "Let my body settle. Let solutions come easily. I'm open to waking with more clarity."

3 How I want to feel in the morning.

Choose the feeling you want more of — supported, creative, strong, at ease. Let yourself feel it now, just for a breath or two before sleep.
