Notice your patterns

After lunch, write: "I noticed ___. I needed ___."

Try this today

1. Morning: write one word for how you feel and one thing you need.
2. Midday: pause for a minute. Notice your posture, hunger, thirst and the pace of your breathing.
3. Evening: identify one moment that supported you and one moment that used a lot of your energy.

Choose one small adjustment

Match an action to something you noticed. If lunch disappeared into work, set aside ten minutes to eat. If messages kept interrupting you, choose one short period to work without them.

If time or energy is limited

Write one word for how you feel and one thing you need.

A moment that supported me today

A moment that felt difficult and what I needed

One adjustment I will try tomorrow

Notice the situation as well as your response. Workload, sleep, relationships and practical demands can all shape how a day feels.

2 MINUTES / A COMPLETE OPTION

Write one word for how you feel and one thing you need.

This is enough for today.

Notice yourself without judging

Read alongside page 5

Welcome. I’m Yovan, and this is a moment for you.

Before we change a habit, it helps to notice the life that habit belongs to. A rushed lunch may be connected with a crowded diary. A sharp reply may arrive after a tiring night. There is usually more to understand than the action we see.

Today, try replacing a judgement with a description. Instead of saying, I am hopeless at looking after myself, you might say, I worked through lunch and felt drained by late afternoon. That description gives you something practical to work with.

Choose one ordinary moment to notice today. Ask: what was happening, what did I need, and what small adjustment was possible?

You do not have to observe yourself all day. One honest observation is enough to begin.

When you open today’s page, write about that moment as you would describe it to someone who wants to understand you. Then choose one small thing to try tomorrow.

Read this reflection, then return to the matching day and choose one small action.

Arrive in the Moment

When you feel scattered or are moving from one task to another.

Find a place where you can pause safely. Let the chair, bed or floor take some of your weight. You can keep your eyes open throughout this practice. There is no particular feeling you need to produce.

Look around slowly. Choose one ordinary object: a cup, a curtain or the edge of a table. Notice its colour and shape. Let your attention rest on something that is here, rather than on everything waiting to be done.

Notice where your body meets a supporting surface. Perhaps your feet meet the floor, your back meets the chair, or your hands rest in your lap. Choose the point of contact that feels easiest to notice. You do not need to scan your whole body.

Allow breathing to continue in its own rhythm. If noticing the breath feels comfortable, follow one gentle in breath and out breath. If it does not, stay with the object in front of you or a sound in the room.

Your mind may return to a task, a message or a conversation. Quietly acknowledge what caught your attention. Then come back to a colour, a sound or the support beneath you. Returning is the practice; distraction does not mean you have failed.

Ask yourself: what would help with the next small part of my day? Perhaps you need food, a drink, a clearer first task, some company or a short rest. Choose one answer that is practical today.

Look around once more. Move your hands or feet in a comfortable way. Take the time you need before standing. Carry one clear next step with you, without needing to solve the rest of the day.

One useful thing I will carry into the next hour

Read slowly and leave quiet space between paragraphs. Eyes may stay open. Stop or return to the room whenever you wish. This written practice is not a word-for-word audio transcript.