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What To Notice Today

Don't analyze. Just name what's true. The first answer is usually the honest one.

i.

When a feeling gets too big, where do you go? Name your place — the move you make to not feel it. *Don't judge it. Just catch it.*

ii.

Think of the last time you ran there. What was the feeling you were running from, right before you left? *Name the feeling, not the story.*

iii.

When you picture the younger you — the one waiting on the other side of all that running — what do you want them to know? *Whatever rises first. Don't reach for the right words — just the true ones.*
