

PART TWO · ON THE PAGE

# What To Notice Today

*Go gently. You don't have to write the whole story — just what's true.*

*i.*

The moment that came to you — what happened, in one or two sentences?  
*Just enough to honor that it was real.*

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*ii.*

What did you decide about yourself in that moment? *I decided I was... / I decided I had to...* The first one that aches is the true one.

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*iii.*

If you could sit beside your younger self in that moment — what would you want them to know now, that they couldn't know then? *Tell them the truth they've been waiting to hear.*

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