

PART TWO · ON THE PAGE

## What To Notice Today

*Come here after you've done The Return at least once, out in your day.*

*i.*

Today, when did you catch yourself drifting — starting to leave yourself? *Just name the moment. Noticing is the whole skill.*

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*ii.*

You did The Return — notice, hand on heart, breathe, return. What happened? Did you feel yourself come back? *However small. It counts.*

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*iii.*

What did today remind you about who you already are? *You're not becoming someone worthy. You're uncovering someone who was always there.*

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TODAY'S RESET

Finish this sentence:

*Today I remembered that...*

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