

THE FOR LIFE SERIES

A Quiet Journal



A free companion to the wheel, the days, and the practices.

Print what you need. Undated on purpose. Begin anywhere.

BEFORE YOU START

Nothing here is an instruction. Everything is an offer.

Keep the wheel open at **theforlifeseries.com** while you write — when you can't name what you're feeling, start in the middle and let the words get more exact as you move out.

These pages are undated, and they're yours to reprint. When you fill one, print another. A blank page never runs out — that's the whole point.

One instruction, and only one. If today is worse than a bad day — if the thought of not being here has started to feel less like a thought and more like an option — don't start with a page. Reach a person. The numbers are at **theforlifeseries.com/if-you-need-someone-now**.



THE CHECK-IN

Where are you today?

Name it, even roughly. If you can't, open the wheel and start in the middle.

Where does it sit — the chest, the throat, the stomach, the jaw?

What is it asking for? (Sometimes the answer is food, or rest, or a person. Sometimes it's only to be named.)

THE DAY

Today, and what can wait.

What asked something of you today?

What can wait until tomorrow — and what genuinely can't?

One small thing you did anyway.

A HARDER DAY

On a worse day.

You don't have to write much. Maybe just this.

One thing that was warm, soft, or easy today.

One person who wouldn't flinch if you told them.

The smallest next thing. Not the plan — the next thing.

If it's more than a bad day, stop here and reach a person — the numbers are at theforliveseries.com/if-you-need-someone-now. You don't have to be sure to call.

ANYTHING

Whatever didn't fit anywhere else.

What did you not say out loud today?



Print this page again whenever you need it.

*A free download from The For Life Series. The wheel, the days, and the practices are all at theforlifeseries.com —
and the shop is there too.*