A life that feels like *you*.

A small beginning / The free first-day pages



Imagine an ordinary life that feels like yours.
Choose a small step. Return with kindness.

Make room for what you want.

You can want something different without having a complete plan. Start with one part of life that has been asking for your attention. It might be your mornings, your work, a friendship, or the way you speak to yourself. Let your answer be ordinary and specific. You can change it later. Today you are choosing a direction to explore.

I would like a little more...

This matters to me because...

One small thing I could try today...

If choosing feels difficult, finish this sentence: "Tomorrow would feel a little easier if..."