MONTH OF _____

Thirty days, *thirty questions.*

One prompt a day, about ten minutes each. Tick the ring when it's answered; skip a day if you like and come back to it.

1	What happened today that I want to remember?	○
2	What's on my mind right now?	○
3	A small moment from today I'd like to keep.	○
4	What drained my energy today, and what gave some back?	○
5	When do I lose track of time?	○
6	Who made this week easier, and did they know it?	○
7	*What were the three best moments of this week?*	○
8	What do people come to me for?	○
9	What would I do with a free Saturday and no plans?	○
10	What am I good at that I never count?	○
11	What's a problem I no longer have?	○
12	What would I say to a friend who had my day?	○
13	What do I believe now that I didn't five years ago?	○
14	*What did I learn about myself this week?*	○
15	Where am I playing it safe?	○
16	What story do I tell about myself that may no longer be true?	○
17	What's one thing I can stop doing?	○
18	What's a conversation I've been avoiding?	○
19	Who do I want to see more of, and what's stopping me?	○
20	What part of my work would I do for free?	○
21	*What drained me this week, and can I change it?*	○
22	A year from now, things went well. What does a normal Tuesday look like?	○
23	What do I want to be true by the end of this year?	○
24	Which goal do I keep talking about but never start?	○
25	What's one goal I should drop?	○
26	What does "enough" look like for me?	○
27	What's going right that I've stopped noticing?	○
28	*If this week were a chapter, what would its title be?*	○
29	What would I tell myself a year ago?	○
30	*Read this month back. What surprised me?*	○

→ HOW TO ANSWER ANY PROMPT, IN FOUR PARTS

I What happened

The facts, briefly: where, who, what was said.

II How it felt

Name the feeling, even if it's mixed or small.

III What I make of it

Why it matters, what it shows. If it hurts, write to yourself as "you".

IV One next step

One small thing to do, or to keep doing.

DATE

One question, *one page.*

Copy today's prompt, set a timer for ten minutes and keep the pen moving. Spelling doesn't count, and nobody else reads this.

Today's prompt

I WHAT HAPPENED THE FACTS, BRIEFLY

II HOW IT FELT NAME IT

III WHAT I MAKE OF IT WHY IT MATTERS, WHAT IT SHOWS

IV ONE NEXT STEP SMALL ENOUGH FOR THIS WEEK