

7 Days of Making Space

Your first step in learning to observe yourself.

For the next seven days, choose one natural transition in your day and use it as your reminder to pause. When it happens, **stop for about 30 seconds. Take a breath. Put your phone down. Check in.** You don't need to analyse, diagnose, or fix anything. Simply notice what is there.

Chosen transition	1 DAY 1	2 DAY 2	3 DAY 3
☐ Wake up	Date: _____	Date: _____	Date: _____
☐ Before eating	What did I notice?	What did I notice?	What did I notice?
☐ After eating	_____	_____	_____
☐ Arriving at work	_____	_____	_____
☐ Leaving work	_____	_____	_____
☐ Around elimination	_____	_____	_____
☐ Before sleep	_____	_____	_____
4 DAY 4	5 DAY 5	6 DAY 6	7 DAY 7
Date: _____	Date: _____	Date: _____	Date: _____
What did I notice?	What did I notice?	What did I notice?	What did I notice?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Was it easy to remember to pause?	Did anything catch your attention?	Did you notice anything you hadn't before?	Would you like to continue this practice?

You have now practised the first skill: making space to notice.

You don't need to have figured anything out. You've simply begun collecting moments of experience—and that is where observation starts.

If pausing at one transition has started to feel natural, you can begin extending the practice to other moments in your day. You don't need to pause at every transition. Let the moments that already exist in your day become reminders to check in.

