

Our Week Together

One good moment, one difficult moment, and one thing you want more of tomorrow. That is enough for today.

No score. No streak. Pick up with the day you are living.

Day 1

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Day 2

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Day 3

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Day 4

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Notice

Write what happened without judging the day.

Continue

Life got busy? Pick up with the day you are living.

Look back

After seven entries, notice what deserves more attention.

Days 5-7

Finish the week, then look across it without turning your notes into a grade.

Your words belong to you. Look for a useful next question, not a perfect answer.

Day 5

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Day 6

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Day 7

Date _____

A moment we enjoyed

A moment that felt difficult

Work / outside / activity / rest / noise / shared space / keeping up / other

Something we want more of tomorrow

Looking across our week

Use a few words. Leave anything blank that is not useful.

We enjoyed more of...

Life kept getting difficult around...

Our dog seemed happiest when...

I felt most stretched when...

One thing worth keeping...

One thing I want help with...

The kind of week we'd love more often...
