



SEVEN DAYS

Still Full

A gentle week of journaling for people who
spend their days carrying other people.

Print it. Write in it by hand. Let it be messy —
nobody is grading this.

This one belongs to

Before you begin

You are good at noticing what other people need. This is seven pages of noticing what *you* need, and one page at the end to look back.

Ten minutes

One page a day, at whatever hour is actually yours. Ten minutes is enough.

Skipped days are fine

A blank page is information too. Pick up on the next one without a penalty.

Half-sentences count

Three words on a line is a completed entry. So is a drawing, or a single name.

Nobody reads it

Bring it to someone if you want to. You are never obliged to.



One honest note

A journal is company, not care. If the heaviness has been sitting on you for weeks, tell a person — a counselor, a doctor, a friend who will keep asking.

DO THIS FIRST, ON HARD DAYS

Four counts, and back down

Sixty seconds before you write. Sit with both feet down. Let the exhale be longer than the inhale — that is the whole trick.

4

breathe in

4

hold

6

breathe out

Repeat four times.
Then start the
page.

If four counts is too much today

5-4-3-2-1

Name five things you can see, four you can touch, three you can hear, two you can smell, one you can taste.

Stretch it out

Roll the shoulders back, reach overhead, fold forward and let the head hang for three slow breaths.

Something green

Step outside, or to a window, and find one living growing thing to look at for a minute.

Day one

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

Today's question

What did I give away today that I'd like to keep a little of tomorrow?

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

Day two

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

Today's question

Name one thing that was genuinely hard, and one thing that was only heavy because I was tired.

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

Day three

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

Today's question

Who held something for me today, even in a small way — and did I let them?

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

Day four

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

Today's question

What am I still carrying tonight that was never mine to carry?

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

Day five

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

Today's question

What would I say to a friend who had exactly my day? Say it to myself here.

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

Day six

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

.....

.....

.....

Today's question

Where today did I feel most like myself, and not like a role?

.....

.....

.....

.....

.....

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

Day seven

Date

How the day sat



empty



heavy



flat



tender



steady



warm



bright

Where I felt it



jaw



shoulders



chest



stomach



head



nowhere yet

Three small things I'm glad about

Today's question

What do I want to leave here, on this page, before the week turns over?

KEPT MYSELF GOING



water



a real meal



moved my body



outside air



said no once



enough sleep

LOOKING BACK

How the week went

Fill in the days you managed



1



2



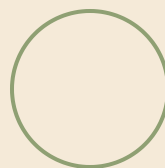
3



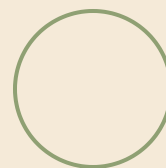
4



5



6



7

What refilled me

What drained me

One small promise for next week
