One page for the fridge



Prepared for **Lucija Test**

You recharge most through Wonder & beauty.

Your plan on one page. Put it where you will see it. The rest is in What your answers say and Weeks of change.

WHAT I DO

- ☐ **Last thing at night: three things I actually noticed today.**
- ☐ **When focus goes: forty seconds on something green, not on the phone.**

WHAT I AM

- ☐ **The charger sleeps in another room; the loudest app is off my first screen.**
- ☐ **The moments I know are coming have an if-then line before they arrive, and a line I break gets rewritten, not held against me.**

Worth watching with someone, if you like.

Week 1 ☐	Week 2 ☐	Week 3 ☐	Week 4 ☐	Week 5 ☐	Week 6 ☐
FILM	**BOOK**	**FILM**	**BOOK**	**FILM**	**BOOK**
Chef (Jon Favreau, 2014)	Cranford (Elizabeth Gaskell, 1853)	My Neighbor Totoro (Hayao Miyazaki, 1988)	The Loneliness of the Long-Distance Runner (Alan Sillitoe, 1959)	Cool Runnings (Jon Turteltaub, 1993)	The Old Man and the Sea (Ernest Hemingway, 1952)

If two weeks in a row leave you worse rather than steadier, put this down and talk to a person. Nothing here is a test.

Expect drift, plan for return. A missed week is not defeat; it is a week — the practices stay where you left them, and the fridge page from Weeks of change, with your own lines on it, still knows the way back.

To see a World in a Grain of Sand
And a Heaven in a Wild Flower

— WILLIAM BLAKE

Sources for this page are listed in your report.

3D · **Divert**: turn to something better · **Discomfort**: get through the first days · **Delight**: repeat until you enjoy it. · **3E** · **Environment** · **Energize** → **Empower** · **3A** · **Awe** · **Alertness** → **Achievement** · **3F** · **Filter** · **Focus** → **Flow**

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These pages were written from your answers. Your name is on them, because they were written for you. Your raw answers are not in them.

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