

One page for the fridge

Prepared for **Lucija Test**

You recharge most through Wonder & beauty.

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. Not one for me if a broken rule lands hard.

Expect drift, plan for return. A missed week is not defeat; it is a week — the practices remain where you left them, and the card on the fridge still knows the way back.

To see a World in a Grain of Sand

And a Heaven in a Wild Flower— William Blake

Worth watching with someone, if you like.

Week 1 · Film · My Neighbor Totoro (Hayao Miyazaki, 1988)

Week 2 · Book · Cranford (Elizabeth Gaskell, 1853)

Week 3 · Film · Perfect Days (Wim Wenders, 2023)

Week 4 · Book · The Loneliness of the Long-Distance Runner (Alan Sillitoe, 1959)

Week 5 · Film · Cool Runnings (Jon Turteltaub, 1993)

Week 6 · Book · Heidi (Johanna Spyri, 1880)

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

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.

Sources, practice library: Three things you noticed today (adapted) · Forty-second green glance (studied) · Change the room before you change your mind (adapted) · An if-then line for the moment you know is coming (studied). The practices marked studied are detailed in Weeks of change; the rest are adapted from documented practice forms in the same library — form borrowed, no tested effect claimed.

[1] Lee K.E., Williams K.J.H., Sargent L.D., Williams N.S.G., Johnson K.A. (2015). 40-second green roof views sustain attention: The role of micro-breaks in attention restoration. *Journal of Environmental Psychology*

[2] Gollwitzer, P. M., Sheeran, P. (2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes. *Advances in Experimental Social Psychology*

William Blake — *Auguries of Innocence (Pickering Manuscript)* (c. 1803 (pub. 1863))

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.

HDI.Vision — One page for the fridge — ir-9 — 2026-09-24