

See how Maya uses images.

Her picture choices correspond to commitments already named.



LOOK CLOSER

Desk: one workshop proposal.

Open window: Friday rest.

Conversation: two friend dates a month.

Path: the outline she can begin this week.

The compass is her reminder to check direction against capacity. It is not a promise that the route will be straight.

Tap the inside cover to see Maya's full board.

What actually happened?

Before choosing images, give the last year or season an honest account.

START WITH EVENTS, NOT A VERDICT

A memory can be vivid and still leave things out. Name a few moments you can point to: a choice, a change, a completion, an interruption, or help you received.



MY ACCOUNT

What happened in my life, work, relationships, health, or ordinary days? Start with what I know happened.

What can life hold?

Calculate with the calendar and support you have, not an ideal week.

TIME

The blocks I can realistically reserve each week.

ENERGY

The times I can think, create, rest, and recover.

MONEY / MATERIALS

What I can spend or use without borrowing from essentials.

SUPPORT

Who or what can help, and what request is appropriate?

Week 01: Begin small.

Use the board as a reference. Let what happened this week inform the next one.

Dates: _____

My current direction: _____

EVIDENCE OF MOVEMENT

What did I do, learn, or see happen? Include small steps.

FRICTION OR NEW INFORMATION

COMPANION JOURNALS >

THIS WEEK'S LENS

What was the smallest real start I made?

MY NEXT WORKABLE MOVE
