

A Day You Got Through

Looks at a day that went alright, to find out what was actually holding it up.

WHEN TO USE THIS

Use this on a quiet evening. It is a short one.

Think of a recent day you got through in one piece. Which day was it?

What did that day look like? Whatever you remember of it.

Who you saw, where you went, what filled the evening.

What is one thing from that day you could put into tomorrow?

Good days are not luck as often as they feel. Something in them was working.