

A Small Cushion

Think about what a little breathing room would look like in your real life.

WHEN TO USE THIS

Use this on a steady day, not the day the money runs out.

What does a hard week cost you that a normal week does not?

How much breathing room do you have right now?

0	1	2	3	4	5	6	7	8	9	10
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None

Plenty

What would a small cushion look like for you? A number, or a thing.

Whatever counts as a cushion to you, not to anyone else.

What is one thing that would make that a little more possible?

Your own idea of a first step. There is no right answer here.

A cushion is about room to breathe, not about being good at this.