

Getting Back to Ordinary Things

Pick one everyday thing you have been keeping away from and plan a small way back.

WHEN TO USE THIS

Use this when parts of ordinary life have gone quiet and you want to start again.

What have you stopped doing that you used to do?

1. _____
2. _____
3. _____
4. _____
5. _____

Pick one from the list. What makes it hard right now?

Break that one into three smaller steps.

STEP	WHEN	WHO COULD COME

How ready do you feel for the first step?

0	1	2	3	4	5	6	7	8	9	10
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Not ready

Ready now

If the first step feels too big, cut it in half. Half a step still moves you.

Ordinary is a big thing to get back. Go slower than you think you need to.