

The Day You Did Nothing

Look at what you say to yourself after a day that got away from you.

WHEN TO USE THIS

Use this in the evening of a day where nothing on your list got done.

What are you saying to yourself about today?

Write it as harshly as you actually hear it.

What did you actually do today? Even the small stuff counts.

WHAT I DID

WHAT IT TOOK

What would you say to someone else who had this exact day?

If tonight has turned into thoughts of not wanting to be here, call or text 988. Reach out now if you are not safe.

One flat day is a day, not a verdict. Tomorrow starts on its own.