

The One You Have Not Said Out Loud

Put a private hope on paper and look at what makes it hard to say.

WHEN TO USE THIS

Use this when you want something but have not told anyone about it.

Write it down here. Nobody has to see this page.

What makes it hard to say out loud?

Who is one person who would take it seriously?

What is one small thing you could do about it that costs nothing to try?

Saying it once, even only on paper, makes it a real thing you can look at.