

What Makes an Ordinary Day Count

Notice the small things that give a plain day some weight.

WHEN TO USE THIS

Use this at the end of a day that felt like nothing happened.

Walk through today. Where was there a moment that felt like something?

A person, a task done, five quiet minutes.

Did you do anything today that was for someone else?

Did you do anything today that was only for you?

How much did today feel like it counted?

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

It counted

Most meaning hides in ordinary days. It rarely announces itself.