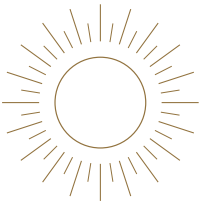
a moment of

clarity

ORION SAINT

30 DAYS
ONE MEANINGFUL STEP



A space of your own.

This notebook belongs to

Begun

Completed

Begin where you are.

Five quiet minutes.

Find a little space in your day. Take a comfortable breath, then write what is true for you. A few honest sentences are enough.

01 What is here?

Name what happened and how you feel. Separate what you observed from the story you are telling yourself.

02 What matters?

Choose what deserves your attention today. A value, a relationship, a need, or a piece of unfinished work.

03 What will I do?

Choose one small action within your influence. Make it specific enough to begin, and gentle enough to repeat.

Use the numbered days at your own pace. Pause for a review after every seven entries. If you miss a day, simply return.

PRINTING: A5 (148 x 210 mm). Print at actual size on A5, or fit to your paper. For two-sided printing, flip on the long edge.

My intention.

A starting point, held lightly.

01 What brings me here?

Name what is asking for your attention.

02 What would I like to make room for?

Choose something that feels worth tending.

03 How can I support this practice?

Find a time, a place, or a simple reminder.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

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Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Pause & notice.

Days 01-07 / A moment to look back.

01 What did I notice?

Look for patterns without judging yourself.

02 What helped?

Notice an action, a person, or a useful condition.

03 What will I adjust?

Choose one change for the next seven entries.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Pause & notice.

Days 08-14 / A moment to look back.

01 What did I notice?

Look for patterns without judging yourself.

02 What helped?

Notice an action, a person, or a useful condition.

03 What will I adjust?

Choose one change for the next seven entries.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

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Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Pause & notice.

Days 15-21 / A moment to look back.

01 What did I notice?

Look for patterns without judging yourself.

02 What helped?

Notice an action, a person, or a useful condition.

03 What will I adjust?

Choose one change for the next seven entries.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Pause & notice.

Days 22-28 / A moment to look back.

01 What did I notice?

Look for patterns without judging yourself.

02 What helped?

Notice an action, a person, or a useful condition.

03 What will I adjust?

Choose one change for the next seven entries.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

Daily reflection.

Date

01 What is here?

Name the facts and how you feel.

02 What matters?

Choose what deserves your attention.

03 What will I do?

Pick one small action for today.

What I carry forward.

Look back with curiosity.

01 What has become clearer?

Notice a shift in your attention or understanding.

02 What did I learn by doing?

Consider what your small actions revealed.

03 What will I carry forward?

Choose a practice, a lesson, or a new question.

Begin again.

Let the next step be simple.

01 What deserves my attention now?

Name one priority for the days ahead.

02 What support would help?

Think about people, tools, time, or space.

03 What is my next small step?

Choose an action and a time to begin.

Room to think.

Words, sketches, possibilities.

Room to think.

Words, sketches, possibilities.

Room to think.

Words, sketches, possibilities.

What is here?

What matters?

What will I do?

Thirty undated days.
One meaningful step.

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