Self Loyal Studio

Your life is the art • This is the studio

I'VE GOT ME - JOURNAL

One moment. A few honest lines. No essay required.

WHAT HAPPENED?

One sentence is enough.

WHAT WAS I ABOUT TO DO AUTOMATICALLY?

Say yes? Fix it? Explain? Apologise? Take it over?

WHAT DID I DO INSTEAD?

Even a pause counts.

HOW DID THAT FEEL?

A few words: relieved, guilty, tight, calm, annoyed, shaky, fine...

WHAT ACTUALLY HAPPENED?

Not what you feared would happen. What happened.

WHAT DO I WANT TO REMEMBER NEXT TIME?

You are collecting information, not grading yourself.

Come back when you need it. | www.selfloyalist.com