

The Reflection Cycle

A path unfolding.

Notice

Something lingers.

Stay

You do not rush past it.

Write

The page receives it.

Name

A feeling finds language.

See

A pattern, faint but familiar.

Shift

Awareness softens the next choice.

Return

Tomorrow,
you begin again.

The work is in the return.

— One Inky Morning

Begin Here.

You do not need a system.
You need one page.

Start with this:

What is taking up space in my mind today?

Write without editing.
Without improving.
Without explaining yourself.

If you need something more specific:

- What emotion have I felt most strongly this week?
- What conversation is still sitting with me?
- What keeps returning lately?
- If I were honest, what would I admit right now?

One page is enough.
Then return tomorrow.