FIRST EDITION / $5 USD

Small Shifts, Big Life

Part I

Build Your Everyday Foundation

A 200-page guided workbook for noticing your patterns, choosing a useful small action, and building a plan that fits your actual life.

24 chapters / Lessons, worked examples, practical experiments, and written reflection

The first volume in a planned five-part series.

START HERE

How to use this workbook

Read one chapter at a time. Each chapter occupies eight pages and moves from a lesson to a worked example, a personal audit, an experiment, a busy-day plan, an observation record, a review, and a transfer exercise.

Use the writing space to turn an idea into a decision. You can type answers in a separate document or print selected pages. The PDF is a write-in workbook with open response areas.

Choose one active experiment at a time. Other chapters can help you understand your plan without becoming additional daily assignments.

Examples are fictional teaching scenarios. The exercises support personal reflection and everyday planning. They are not clinical assessment or treatment.

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BEFORE CHAPTER ONE

Your starting point

Before choosing a change, describe the season you are in. Include commitments, available time, and one thing you hope will feel easier.

What would make the next month more workable?

CHAPTER 01 / UNDERSTAND

Notice an ordinary day

Write down what happened yesterday before deciding what should change. A useful baseline includes obligations, energy changes, and moments when a choice became automatic. Describe events without turning them into a verdict about your character.

Choose a day that was ordinary. If yesterday was unusual, use the most recent typical day.

Which part of the day is truly available to you?

CHAPTER 01 / OBSERVE

Follow a worked example

Mara writes that she loses every evening. Her timeline shows dinner at 7, dishes at 7:30, then an unplanned hour on her phone. That gives her a specific transition to examine.

Identify the starting situation, the change the person chooses, and the observation that could help them review it.

Which part of this example fits your situation, and which part needs changing?

CHAPTER 01 / AUDIT

Describe your current pattern

Use a recent real occasion. Record where you were, what happened just before the behavior, what you did, and what happened afterward. Separate what you observed from what you assumed.

Connect this observation to the chapter topic.

Notice an ordinary day

Describe one occasion and the practical consequence.

CHAPTER 01 / ACT

Try one small experiment

Reconstruct one recent weekday in six time blocks. Mark fixed commitments. Circle one transition you can influence.

Write a start cue, an action, a visible endpoint, and the next opportunity to try it. Check that you have the time, materials, and access required.

My experiment and the observation I will collect

CHAPTER 01 / ADAPT

Prepare for a difficult day

Choose a day that was ordinary. If yesterday was unusual, use the most recent typical day.

Name a likely obstacle for this particular experiment. Choose a smaller useful version or a different opportunity. Include an explicit pause option when the context requires one.

If this obstacle happens, what will I do, and when will I review the plan?

CHAPTER 01 / NOTICE

Record what actually happened

Use this page after a real attempt. Record the date, whether the planned opportunity occurred, the action you took, and the result. Use completed, adapted, paused, or missed as a description.

Record at least one contextual detail that could explain the result. Include what helped as well as what got in the way.

Date / opportunity / action / observed result / context

CHAPTER 01 / REVIEW

Choose the next adjustment

Which part of the day is truly available to you?

Compare your plan with your record. Identify a specific observation that supports keeping, reducing, moving, or replacing the action. Change one element so the next attempt remains interpretable.

Evidence, decision, next action, and review date

CHAPTER 01 / TRANSFER

Carry the lesson forward

Choose a second situation where this chapter could help. Identify what stays useful and what changes with the new context. Keep this as a future possibility until you have capacity to test it.

Return to the worked example if you need a concrete model.

Mara writes that she loses every evening. Her timeline shows dinner at 7, dishes at 7:30, then an unplanned hour on her phone. That gives her a specific transition to examine.

A second situation, the necessary adaptation, and a realistic next opportunity