

Everything I Noticed And Never Said

**A 45-Day Journal You Keep in Secret,
Then Give to Someone You Love**



THE INNER LISTENER

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Noticing someone closely, evening after evening, can sometimes surface feelings you did not expect, tenderness, grief, things left unresolved. If that happens, pause the practice and speak with someone you trust or a qualified professional. There is no benefit to pushing through discomfort here, and the journal can always be picked back up later.

This journal will eventually be read by someone you love. Let that shape what you choose to write, gently, rather than what you choose to hide.

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BEFORE YOU BEGIN

Welcome

This is an invitation to notice someone you love, on purpose, every single day, for forty-five evenings, and then to give them everything you noticed.

I wrote a version of this journal for my own daughter, once. Every evening before bed, I sat with one question: what did I notice in her today? Sometimes it was small, the way she got dressed that morning, or how she made me tea without being asked. Sometimes it was nothing more than something silly we laughed about. I wrote it down in a few lines, and I said it out loud before I slept: tonight, and every night, I am grateful for a daughter like her.

I did this for forty-five days without telling her why. When I finally gave it to her, she read the whole thing in private. I came home to find she had been crying, moved by forty-five ordinary evenings she never knew I had been keeping. The practice here is exactly that light. Each evening, you notice one true thing about someone you love, write it freely, and say the same line of gratitude out loud before you close the page. Nothing here needs to be impressive. The smaller and more ordinary it is, the more it tends to mean, later, to them.

What changes by the end of the forty-five days? You will have something no gift shop sells: a specific, dated, handwritten record of someone being paid attention to, ready to hand over exactly when you choose.

WORTH ASKING

Why Journal This?

Telling someone you love them rarely surprises them. They already know, or they assume they do. What surprises people is proof: forty-five separate, specific, ordinary proofs that someone was paying attention to them the whole time, on nights they never knew were being recorded. That is what this journal asks of you. Not one grand entry, but many small ones. A single evening of noticing is easy to dismiss as a nice thought. Forty-five of them, read together, are much harder to dismiss as anything other than the truth.

When I gave mine away to my daughter, I was not in the room. I did not see a single page being read. What I know is that by the time I came home, she had gone through all of it, and something in her had clearly been moved by the sheer weight of ordinary evenings, stacked one on top of another.

I have come to believe that is the real gift here: not one beautiful sentence, but the evidence of forty-five nights someone chose to keep noticing.

This is where it begins, one ordinary evening at a time, long before the person you are writing for ever turns a single page.

WORTH KNOWING

The Shape of This Practice

The Notice

One true, specific thing you noticed in them today, however ordinary.

The Why

One line on what made it the thing you noticed, however small.

The Line

The same short line of gratitude, said out loud and then written down, every single evening.

HOW TO USE THIS JOURNAL

The Evening Rhythm

The Notice. Before you sleep, recall one true thing you noticed in them today: a look, a habit, a kindness, something that made you laugh.

The Why. In one line, name what made it the thing you noticed: a feeling it stirred, a memory it touched, or simply why it stayed with you.

The Line. Say it out loud before you write it: tonight, and every night, I am grateful for a [person] like you. Then write it down, exactly as you said it.

Some evenings will hand you more than a few lines can hold. Write only what fits, or come back to it tomorrow.

There is no wrong way to keep this. You can capture additional notes on the blank journal pages provided at the end.

Three Small Things to Remember:

Write what is true, not what is impressive: ordinary is exactly what this journal is for.

Missing an evening changes nothing: pick the practice back up whenever you next notice something.

This will eventually be read by the person you are writing about: let that shape what you choose to keep in, gently, rather than what you choose to hide.

**Before Day One
Who This Is For**

This journal is for:

My relationship to them:

I am starting this on:

I hope to give it to them by:

There is no perfect day to start. The evening you
happen to read this page is the right one.

DAY 1
DATE:

What did you notice about ----- today?

(There is no wrong place to start. Write the first true thing that comes to mind).

What was special about what you noticed today?

Said out loud tonight:

Tonight, and every night, I am grateful for a -----
like you.

DAY 2
DATE:

What did you notice about ----- today?

(There is no wrong place to start. Write the first true thing that comes to mind).

What was special about what you noticed today?

Said out loud tonight:

Tonight, and every night, I am grateful for a -----
like you.

DAY 3
DATE:

What did you notice about ----- today?

(There is no wrong place to start. Write the first true thing that comes to mind).

What was special about what you noticed today?

Said out loud tonight:

Tonight, and every night, I am grateful for a -----
like you.