



THE INNER LISTENER

The 7-Day Reset

For the life you keep saying you will get to, one day. Seven questions, one a day, about what you are actually waiting for.

A FREE COMPANION TO THE LIFE I KEEP POSTPONING



BEFORE YOU BEGIN

Seven days. Seven questions. No right answers, only honest ones.

This is not a productivity challenge, and nobody is grading the handwriting. Each day asks one question about the thing you keep putting off. Some days a sentence will be enough. Some days you will want the whole page. Either is fine — the only rule is honesty over eloquence.

How to use this

- Read the question once, then write before you talk yourself out of the first honest answer.
- Do not skip ahead. Each day builds on what the last one noticed.
- If you miss a day, continue from where you are — do not start over.
- At the end, there is one page for what you noticed across the week.



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DAY ONE

What am I waiting for?

Not the practical reason you give other people. The actual thing you are waiting to feel, or to be sure of, before you start.



DAY TWO

What have I been calling “practical” that is actually fear?

Practical reasons are easy to defend. Fear dressed as practicality is harder to spot — until you look for it directly.



DAY THREE

What have I been saying “when things settle down” to?

Things rarely settle down on their own. Name the thing you have filed under “later” and left there.



DAY FOUR

What is the smallest version of this I could start today?

Not the whole thing. The smallest honest step that still counts as starting.



DAY FIVE

Who, or what, benefits from me staying exactly as I am?

Staying stuck is rarely costless to everyone. Sometimes it is comfortable, familiar, or simply easier for someone, including you.



DAY SIX

What would I do if nobody needed me to stay the same?

Imagine the permission fully granted, for a moment, and write down what moves first.



DAY SEVEN

What is one thing I am finally ready to stop postponing?

One thing, stated plainly. Not a resolution — just the truth of where you have landed after six days of looking.



ONE WEEK IN

What did you notice?

Seven questions rarely fix anything by themselves. What they usually do is make one thing harder to keep ignoring. If something became harder to ignore this week, that is the thing worth following.

Go deeper: The Life I Keep Postponing

This reset is a week. The full journal is eight — the same honesty, with more room: The Pull, The Block, and The Move, tracked daily until “someday” turns into something done.

theinnerlistenerhub.com/the-life-i-keep-postponing.html