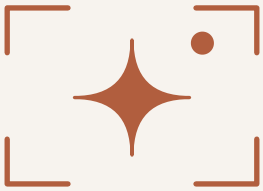

THE DELIGHT I ALMOST MISSED

An Eight-Week Practice for Catching the Good Before It Passes

THE INNER LISTENER

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Noticing your own patterns closely, day after day, can sometimes bring up stronger feelings than expected. If that happens, pause the practice and speak with a qualified professional. There is no benefit to pushing through discomfort here, and the journal can always be picked back up later.

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BEFORE YOU BEGIN

Welcome

Delight is fast. A joke lands, a colour catches the light, a stranger says something kind, and a few seconds later it has gone, replaced by the next thing. Most of it is never noticed, and what is never noticed is never kept.

This journal is a net for those moments. Each day, you catch one, note what it was made of, mark what nearly made you miss it, and keep it in a single word.

There are eight weeks, and each is built around a different way delight escapes:

1. **It lasts only seconds**
2. **You were rushing past it**
3. **A screen got in the way**
4. **You dismissed it as nothing**
5. **It keeps returning**
6. **It arrives as a surprise**
7. **It was something you passed on**
8. **All of it at once**

Each week has six short entries and a review page, so eight weeks give you forty-eight entries. Take as long as you need.

At the back, a Delight Index holds your forty-eight words side by side, and an optional final tally shows what most often made you miss the good in these pages, so that you can begin to catch it earlier.

Miss a day or two and nothing is lost. Each week stands on its own.

BEFORE YOU BEGIN

What You Get From This Journal

Most good moments do not ask for attention. They arrive, last a few seconds, and are gone before you have noticed them. A day full of small delights can still feel like a flat one, because none of it was kept.

This journal gives you a small net. One page a day. A few ticks. One word.

THIS JOURNAL IS FOR YOU IF YOU OFTEN…

- Reach the end of a day certain that nothing good happened in it
- Notice something lovely a few seconds too late
- Lose small good moments to a phone, a worry or a rush
- Dismiss a nice moment as too small to count

AFTER EIGHT WEEKS, YOU WILL HAVE…

1. **Forty-eight moments kept.** One word for each, gathered together in your Delight Index.
2. **A name for what tends to make you miss the good.** Rushing, a screen, a worry, “it was nothing” or autopilot, counted, so you can see which shows up most. These counts are clues from this journal, not proof.
3. **Your own kinds of delight.** The ones you catch easily, and the ones you tend to let pass.
4. **A page to open on a flat day.** Forty-eight words in your own hand, showing what was really there.

It takes a few minutes a day. Small and brief is ideal.

BEFORE YOU BEGIN

What You May Notice

Every reader is different, and each week stands on its own. You may find a pattern a little like this.

1–2 WEEKS

WEEKS 1 AND 2

You start to catch the moment while it is still happening, even the shortest ones, and you begin to notice what nearly made you miss it.

3–5 WEEKS

WEEKS 3 TO 5

You start to see your own pattern: the screen, the rush or the “it was nothing” that takes the moment from you, and the delight that keeps returning.

6–8 WEEKS

WEEKS 6 TO 8

You start to catch delight a little earlier, and to read back through a whole collection of what you almost missed.

Nothing here is a test. A quiet day still counts: look for one small thing.

WORTH ASKING

Why Journal This?

Good moments do not ask for attention. They are small, quick and easily crowded out by whatever is next on the list.

Most of us assume we notice what delights us. In practice, we notice some of it, a few seconds late, and the rest passes without a record.

Naming the moment is the first catch. Noticing what nearly made you miss it is the second, and it is the more useful one, because the reasons repeat. Rushing, a phone, a worry, a habit of saying it was nothing: once you can see your own pattern, you can begin to step round it.

Written down, a passing moment becomes a kept one. And because the reasons we miss good moments repeat, naming them week after week shows you your own pattern, which is the part you can change.

What is in it for you is simple: more of the good moments in your days are ones you caught.

So this is where it starts. Not with a day that was good enough to count, but with one small moment from today, caught before it passed.

WORTH KNOWING

How a Page Works

THE CATCH

One moment of delight from today, however small or brief.

WHAT IT WAS MADE OF

Tick what the delight was made of: a sound, a sight, a person, a taste or smell, a touch, or a surprise.

WHAT NEARLY MADE ME MISS IT

Tick what almost let it pass, or tick that you caught it straight away. Finish the sentence in your own words if you like.

ONE WORD

Keep the moment in a single word. These words become your Delight Index.

A COMPLETED EXAMPLE

The catch: the first bite of warm toast, before I had even sat down.
Made of: a smell, a touch.
Nearly made me miss it: autopilot. I was reading my phone while I ate.
One word: Warm.
A short, ordinary entry is a full entry.

HOW TO USE THIS JOURNAL

The Daily Rhythm

1 **THE CATCH**

Each page opens with a question about one way delight tends to escape. Answer it with the moment it brings to mind, in a line or two.

2 **WHAT IT WAS MADE OF**

A quick tick. Over eight weeks, it shows you which kinds of delight you catch most easily.

3 **WHAT NEARLY MADE ME MISS IT**

Tick a reason, or tick that you caught it straight away, then finish the sentence if you like. This is the heart of the page.

4 **ONE WORD**

Choose one word that holds the moment. It does not need to be clever.

Some days will bring more than the lines can hold. Write only part of it, or come back another day.

THREE SMALL THINGS TO REMEMBER

- **Small and brief is ideal:** the quicker the moment, the more likely it would have been missed.
- **Missing a day changes nothing:** each week stands on its own, so pick back up whenever you next notice something.
- **Know your limits:** this journal is a light space for noticing, but a trusted person or professional is always the better place for anything heavier than a page is meant to carry.

THE KEY TO THE TICKS

Five Ways Delight Escapes

Each page asks what nearly made you miss the moment. These are the five usual suspects, plus two more options.

- **Rushing.** You were moving too fast to let it land.
- **A screen.** A phone, a laptop or a television had your attention.
- **A worry.** Your mind was elsewhere, on something heavier.
- **I thought it was nothing.** You noticed it, then dismissed it as too small to count.
- **Autopilot.** You were not really there, and the moment went by without you.
- **I caught it straight away.** Nothing nearly got away. Tick this and skip the sentence.
- **Something else.** None of these fits. Say what it was in your own words.

Not every moment nearly got away, and that is fine.

THE KEY TO THE TICKS

Six Things Delight Is Made Of

Each page also asks what the delight was made of. Tick as many as apply.

- **A sound.** A laugh from another room, rain on a window, a song you had forgotten.
- **A sight.** A colour in the afternoon light, a face, a view, an odd shape.
- **A person.** A kind word, a shared look, someone being entirely themselves.
- **A taste or smell.** Coffee, bread, rain on dry ground, a room that smells of home.
- **A touch.** A warm cup, soft fabric, sun on your arm, a hand on your shoulder.
- **A surprise.** Something you did not see coming and were glad of.