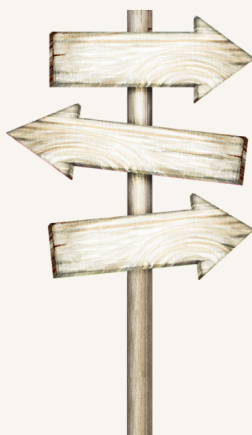


The Direction I am Choosing

**An Eight-Week Practice for Closing
the Gap Between What You Want and
What You Do**



THE INNER LISTENER

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Examining the gap between what you want and what you actually do 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.

Layout & Design: The Inner Listener

Published by: The Inner Listener

theinnerlistenerhub.com

First Printing: 2026

BEFORE YOU BEGIN

Welcome

This is an invitation to notice, on purpose, the gap between what you actually want and what your days are actually pointing toward, before deciding what, if anything, to close.

The practice is light. Each day, you name the pull, the thing you actually want in one area of your life, notice what today's actual choice pointed toward instead, and name one small next step that closes the gap, even slightly. Nothing here needs to be dramatic. The smaller and more ordinary the step, the better this practice tends to work.

What will it look like? Eight weeks, each one built around a different area a direction quietly forms, work, relationships, health, a creative goal, boundaries, daily habits, a bigger dream, and finally everything together. One page a day, a short look-back every six days, and an overview at the back Therefore, the whole direction shows up in one place.

What changes by the end of the eight weeks? A written, specific, ever-growing record of the small steps you actually took, one honest choice at a time, and a felt sense, not just an idea, of a life pointing somewhere you actually chose.

If a day or two gets missed within a week, nothing beyond that week is affected, since each week stands entirely on its own.

WORTH ASKING

Why Journal This?

Noticing the gap between wanting and doing rarely happens by accident. Writing it down does. It is one thing to feel, vaguely, that a day did not move you anywhere. It is another thing to name the specific direction you actually want, and notice honestly whether today's choices pointed toward it.

Epictetus wrote, "First say to yourself what you would be; and then do what you have to do." Most of what this journal asks you to do is hold those two sentences side by side, a few lines at a time.

Lao Tzu wrote, "A journey of a thousand miles begins with a single step." This journal asks for exactly one step a day, nothing further ahead than that.

Naming today's direction is never a small act. Each page is a signal sent ahead of you, training your attention to notice the gap before it quietly widens. The more clearly you can see where you actually want to go, the more easily you recognise the moment a day starts drifting elsewhere.

This is where it begins, not with the big life change you are still working up to, but with the small, ordinary step already sitting on this page.

WORTH KNOWING

The Shape of This Practice

The Pull

The plain, specific thing you actually want in this area of your life.

The Pick

Pausing long enough to notice what today's actual choice pointed toward instead.

The Next Step

One small, honest action that closes the gap, even slightly.

HOW TO USE THIS JOURNAL

The Daily Rhythm

The Pull. Name one specific thing you actually want in this area today, big or small.

The Pick. Pause for a moment and notice what today's actual choice pointed toward, rather than skipping straight to a plan.

The Next Step. Finish the sentence, "The one small, honest step I will actually take is..." This is the heart of the page.

Some days the gap may feel larger than three lines can hold; if that happens, it is fine to write only part of it, or come back another day. There is no wrong way to practise this.

Three Small Things to Remember:

Protect your privacy: You never need to write full names or exact plans. A general shape, a nickname, or simply "a goal at work" holds just as much truth as the specifics.

Keep it light: One day pointing the wrong way is not a verdict on the whole direction. If that feeling comes up, it is completely fine to write only part of it, skip a day, or come back later.

Know your limits: A journal is a quiet space for practising direction, but a trusted person, mentor, or professional is always a better place for anything heavier than a page is meant to carry.

Stuck Naming Where You Actually Want to Go?

Some days the pull is obvious, a goal you already know by name. Other days it is quieter, a vague sense that something is not pointing right. If nothing comes to mind straight away, borrow a word below, or use it to point toward your own.

Pulls worth noticing

A goal you have not said out loud yet / A version of a relationship you keep imagining / A version of your health you keep postponing / A creative idea you keep circling / A boundary you wish you held / A future you keep picturing but not building toward.

Small signs a direction has drifted, without anyone noticing

Saying yes to things that lead nowhere you actually want / Filling free time with whatever is easiest, not whatever matters / Doing the same day repeatedly without asking where it leads / Avoiding the goal that matters most, in favour of the one that is easiest / Calling busy the same thing as moving forward.

Ways to notice it a little more

Name the direction specifically / Notice the choice right before you default to habit / Sit with the gap for one extra breath / Write down the real direction, not the convenient one.

None of these need to be exact. Naming the shape of today's pull is usually enough to start closing the gap honestly.

Where The Gap Likes to Hide

A gap between wanting and doing rarely announces itself.
More often, it is hiding in plain sight, in places like these.

Hiding in busyness

A full calendar mistaken for a chosen direction / A long to-do list that never actually points anywhere / Constant motion used to avoid a harder, slower choice.

Hiding in comfort

A familiar routine kept long after it stopped serving the direction you want / A safe choice repeated simply because it is safe / A goal postponed until conditions feel perfectly ready.

Hiding in other people's expectations

A direction chosen to please someone else, not yourself / A path kept out of obligation rather than desire / A should borrowed from someone else's life.

None of this needs to be dramatic to count. It is simply worth noticing, the same plain way this journal asks you to notice everything else.

BEFORE DAY ONE

How This Works

This journal is not asking you to overhaul your life in eight weeks. Instead, once a day, it asks you to notice one place wanting and doing have quietly come apart, and close the gap by exactly one small, honest step.

Each week opens with a different area a direction tends to form: work, relationships, health, a creative goal, boundaries, daily habits, a bigger dream, and finally everything together. Six days of noticing, then a short, honest review to see what actually moved.

It does not need to be a big step to count. The smaller and more ordinary the step, the better this practice tends to work, since the whole point is closing the gap a little at a time, not closing it all at once.

From there, the practice repeats, the same light size and shape, every single week, until choosing your direction on purpose starts to happen on its own, without a page prompting it.

BEFORE DAY ONE

Set Your Intention

Before starting Day One, take a moment to name the direction you are quietly hoping eight weeks of small steps will move you toward. Not a strict plan, just an honest starting point.

The direction I most want my days to actually point toward, once I stop drifting, is:

I will know I am getting there when:

A note for the journey:

Come back to this page whenever a day feels like it led nowhere in particular. It is here to remind you what you were actually practising moving toward.

“A direction chosen on purpose, one small step at a time, is a life that eventually arrives somewhere real.”

WEEK 1 — WHAT MY WORK IS ACTUALLY POINTING TOWARD?

WHAT THIS WEEK IS ABOUT?

This week is about noticing whether your daily work tasks are pointing toward where you actually want to go, or simply keeping you busy.

WHY IT MATTERS?

Work fills most of a day, but busy and pointed are not the same thing, and it is easy to confuse one for the other.

HOW TO PRACTISE IT?

Each day, name what you actually want from your work (the pull), notice what today's actual tasks pointed toward instead (the pick), then name one small next step that closes the gap.

WHAT IT ADDS UP TO?

A week of checking whether work is pointing where you want is the clearest place to start, since you spend more hours here than almost anywhere else.

“A full inbox has never once pointed anywhere on its own.”

Week 1 - DAY 1

DATE:

THE PULL

What do I actually want more of from my work,
underneath the daily list of tasks?

THE PICK

Notice whether today's actual tasks moved you toward
that, or simply kept you occupied.

THE NEXT STEP

The one small, honest step I will actually take is...

“Busy and pointed are rarely the same direction.”

Week 1 - DAY 2

DATE:

THE PULL

What did I choose to spend my best hour on today?

THE PICK

Notice whether that choice matches what you said you wanted a moment ago.

THE NEXT STEP

The one small, honest step I will actually take is...

“Your best hour reveals your real priorities, not your stated ones.”