

The Person I Practise Being

**An Eight-Week Practice for Growing
Into Qualities You Choose, One Small
Moment at a Time**



THE INNER LISTENER

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Examining the person you are becoming, and the moments that test you, 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

This is an invitation to notice, on purpose, the small moments that actually shape who you are becoming, rather than waiting for a single defining moment to prove it.

The practice is light. Each day, you notice the quality this week is built around, name one specific moment that tested or showed it, and finish one honest sentence about how you will try it again tomorrow. Nothing here needs to be dramatic. The smaller and more ordinary the moment, the better this practice tends to work.

What will it look like? Eight weeks, each one built around a single quality, patience, courage, honesty, discipline, kindness, confidence, follow-through, and calm. One page a day, a short look-back every six days, and an overview at the back so the whole practice shows up in one place.

What changes by the end of the eight weeks? A written, specific, ever-growing record of small moments actually practised, and a felt sense, not just an idea, of becoming someone who holds these qualities on purpose rather than only admiring them in other people.

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?

Growing into a quality rarely happens by deciding to have it. It happens by noticing the small, ordinary moments that test it, and trying again the next day. Writing those moments down is what turns a wish into a practice.

Rumi wrote, “Choose the new, give up the old.” Becoming someone new rarely happens by deciding it once. It happens by choosing it again, in one small moment, today.

Rumi also wrote, “Change my mistakes and forgetfulness to knowledge.” Every quality practised imperfectly is already turning into something useful. Nothing noticed here is ever wasted.

Naming today's moment is never a small act. Each page is a signal sent ahead of you, training your attention to notice the next test of this quality before it has even arrived. The more clearly you can see the moment, the more easily you recognise it the next time it shows up wearing a different shape.

This is where it begins, not with the finished person you are still working up to, but with the small, ordinary moment already sitting on this page.

WORTH KNOWING

The Shape of This Practice

The Quality

The quality this week is built around, named plainly.

The Moment

The specific, ordinary moment today that tested or showed that quality.

The Try

One small, honest way to practise it again tomorrow.

HOW TO USE THIS JOURNAL

The Daily Rhythm

The Quality. Notice the quality this week is built around, and where it showed up today, tested or not.

The Moment. Name the specific moment, rather than the general feeling, so it stays honest and small.

The Try. Finish the sentence, “The one small way I will try this again tomorrow is...” This is the heart of the page.

Some moments may bring up more 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. Initials, a nickname, or simply “someone from work” hold just as much truth as a real name.

Keep it light: One moment that did not go well is not a verdict on the person you are becoming. 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 the person you are becoming, but a trusted person or a professional is always a better place for anything heavier than a page is meant to carry.

Stuck Naming The Moment?

Some days the moment that tested a quality is obvious, loud and undeniable. Other days it is quieter, easy to miss unless you go looking for it. If nothing comes to mind straight away, borrow a word below, or use it to point toward your own.

Moments worth noticing

A small frustration handled, or not / A conversation that needed honesty / A task that needed finishing / A moment that needed a kinder response / A choice that needed confidence / A reaction that needed more calm.

Small signs a quality is still an echo, not yet genuinely your voice

It only shows up when it is easy / It disappears the moment you are tired or rushed / It depends on someone else noticing / It feels like performance rather than instinct / It needs reminding every single time.

Ways to notice it a little more

Name the specific moment, not the general feeling / Notice the instant right before you react / Sit with the moment for one extra breath / Write down what actually happened, not the improved version.

None of these need to be exact. Naming the shape of today's moment is usually enough to start practising it honestly.

Where Becoming Likes to Hide

A quality in progress rarely announces itself. More often, it is hiding in plain sight, in places like these.

Hiding in small moments

A patience tested by something minor, not major / A courage needed for something ordinary, not dramatic / A kindness offered where nobody was watching.

Hiding in repetition

A discipline shown only once, then quietly dropped / A follow-through practised until the excitement wore off, then forgotten / A calm held steady until the smallest thing broke it.

Hiding in comparison

A confidence that only shows up once someone else approves / An honesty reserved for the easy conversations / A quality admired in someone else, but not yet practised.

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 become a finished, perfect version of yourself in eight weeks. Instead, once a day, it asks you to notice one moment that tested a quality you are choosing to grow, and try it again tomorrow.

Each week is built around a single quality:

Patience

Courage

Honesty

Discipline

Kindness

Confidence

Follow-through and

Calm

Six days of noticing, then a short, honest review to see what actually showed up.

It does not need to be an intense moment to count. The smaller and more ordinary the moment, the better this practice tends to work, since the whole point is noticing the quality in the places it is easiest to miss.

From there, the practice repeats, the same light size and shape, every single week, until practising this quality 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 quality you are quietly hoping eight weeks of small moments will grow into something genuinely yours. Not a strict goal, just an honest starting point.

The quality I most want to grow into, over these eight weeks, is:

I will know it is becoming genuinely my voice when:

A note for the journey:

Come back to this page whenever a day feels like the old version of you showed up instead. It is here to remind you what you were actually practising becoming.

“I am rising to the work of a human being.”