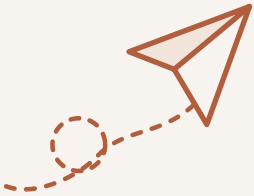

THE SILLINESS I LET MYSELF ENJOY

An Eight-Week Practice for Being Unserious on Purpose

THE INNER LISTENER

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Disclaimer: This journal is intended for personal reflection purposes only. The content provided is for general informational purposes and is not intended to be a substitute for professional medical, psychological, or therapeutic advice. Always seek the advice of a qualified professional with any questions regarding a medical or psychological matter.

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

Somewhere past childhood, most of us stop treating silliness as a legitimate use of time. It needs a reason, an audience or an excuse. This journal offers none of those. It simply asks you to notice the daft moments you already allow yourself, and to allow a few more.

Each day, you record one moment of silliness, mark who was in on it, give it a giggle rating, and finish a sentence about what almost stopped you. There is space to doodle it, in case words are too sensible.

There are eight weeks, and each looks at a different home for silliness:

1. **The moment you almost stopped**
2. **Silliness shared**
3. **Silliness alone**
4. **Silliness from childhood**
5. **Silliness in the body**
6. **The thing that made you laugh**
7. **The thing you made on purpose**
8. **Everything 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.

Every week begins with a permission slip and an optional dare, and ends with a nomination for the Silliness Hall of Fame at the back of the book.

Miss a day or two and nothing is lost. A journal about being unserious should never become a chore.

BEFORE YOU BEGIN

What You Get From This Journal

Most of us have a sensible voice that arrives before a daft impulse has finished. It is quick, it is quiet, and it usually wins.

This journal gives you a place to let the daft moment win. One page a day. A giggle rating. A doodle, if you like.

THIS JOURNAL IS FOR YOU IF YOU OFTEN...

- stop yourself before you have finished a daft idea
- feel you have become too sensible for your own good
- think fun needs a reason, an audience or an excuse
- want one light corner in a serious week

AFTER EIGHT WEEKS, YOU WILL HAVE...

1. **Forty-eight daft moments kept.** In words or doodles, with who was in on each one and how far it went.
2. **A Silliness Hall of Fame.** Your eight best, with the one you would happily do again.
3. **A clearer view of what stops you.** Who you are daft with, and the sentence that nearly stopped you, finished in your own words.
4. **A permission slip, signed.** One you can keep for life.

It takes a few minutes a day. Daft and small 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 you almost stopped yourself, and you let it happen anyway a little more often.

3–5 WEEKS

WEEKS 3 TO 5

You start to see who you are daft with, when you are daft alone, and how much of it dates back to childhood.

6–8 WEEKS

WEEKS 6 TO 8

You start to allow it sooner, and to make some on purpose, without needing a reason.

Nothing here is a test. A sensible day is allowed, and so is writing that down.

WORTH ASKING

Why Journal This?

Silliness is the first thing to be cut from a busy life, because it produces nothing. There is no output, no improvement and no progress to report. That is exactly its value.

A moment of being daft interrupts the version of you who is always managing something. It lets you laugh at your own expense, or at nobody's, and it costs a few seconds.

The trouble is that the habit of stopping yourself is quick and quiet. The thought that someone might see arrives before the impulse has finished.

This journal does not ask you to become funnier. It asks you to notice when you were daft, enjoy it once more on the page, and catch the moment you almost talked yourself out of it.

Once a daft moment is written down, it stops being a waste of time and becomes a small piece of evidence that you enjoy things for no reason. Over eight weeks, you also see exactly what stops you, and that is the part you can change.

What is in it for you is simple: more room for the unserious, and no apology for it.

So this is where it starts: not with a life that needs more fun to qualify, but with one small, unserious moment from today.

WORTH KNOWING

How a Page Works

THE SILLINESS

One daft moment from today. Write it, or doodle it.

WHO WAS IN ON IT

Tick who shared the moment. Just you is a perfectly good answer.

THE GIGGLE METER

Circle how far it went, from a smirk to a proper laugh.

THE ALMOST

Finish the sentence: I almost stopped myself because… Or tick that nothing stopped you.

A COMPLETED EXAMPLE

The silliness: I said good morning to the kettle, by name.
Who was in on it: just me.
The giggle meter: 2.
The almost: nothing stopped me today.
A tiny, private entry is a full entry.

HOW TO USE THIS JOURNAL

The Daily Rhythm

1. **THE SILLINESS**
   Each page opens with a question about one kind of daft moment. Answer it in a line or two, and use the box for a doodle if you feel like one.

2. **WHO WAS IN ON IT**
   A quick tick. Over eight weeks, it shows you how much of your silliness happens in private and how much you let out.

3. **THE GIGGLE METER**
   Circle a number from 1 to 5. A smirk is a perfectly respectable 1, and a no-laugh day is allowed too.

4. **THE ALMOST**
   Finish the sentence about what nearly stopped you, or tick that nothing did. This is the heart of the page.

Some days will be sensible from start to finish. Write that down too, then look for one small thing that was not.

THREE SMALL THINGS TO REMEMBER

- **Daft and small is ideal:** the sillier and more ordinary the moment, the better this tends to work.
- **Missing a day changes nothing:** each week stands on its own, so pick back up whenever something daft next happens.
- **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.

WHEN THE PAGE IS HARD TO START

Nothing Daft Happened?

Some days feel entirely sensible. Those are the days to go looking. Borrow one of these dares from your own day.

SAY IT IN A VOICE

- Read out a shopping list as a nature documentary
- Answer a question in an accent only you can hear
- Give an object a name and greet it each morning

MOVE LIKE NOBODY IS WATCHING

- Dance for as long as the kettle takes to boil
- Walk across the room in the silliest way you can manage
- Pull a face at your own reflection

PLAY WITH SOMETHING SMALL

- Make up a rule for a game with yourself
- Race two raindrops down a window
- Build something pointless from whatever is on the table

Seated, imagined and written versions all count.

None of these needs to be funny. They only need to be unnecessary.

WORTH KNOWING

Slips, Dares and the Hall of Fame

THE PERMISSION SLIP

At the start of each week, you will find a permission slip. Sign it, scribble on it, give yourself a grand title, or skip this bit. It says you are allowed to be daft this week, and that you will not apologise for it.

THE OPTIONAL DARE

Beneath it sits an optional dare: a tiny, playful thing to try once during the week. The permission is always yours, and the signing is optional. So is the dare. If it does not suit you, ignore it.

THE HALL OF FAME

At the end of each week, nominate your silliest, strangest or gentlest moment for the Hall of Fame at the back of the book. By Week 8, you will have eight inductees and a Grand Prize.

There are no judges, no scoring and no wrong entries.