

NAME _____

DATE _____

Before Anything Happens

a notebook page, not a test

Nothing has happened yet — and that's exactly the point. Tonight we're only noting where you're standing *before* the experiment begins. There's nothing here to get right, nothing to perform. If you'd rather close the notebook and simply be present, that counts too. Either way, you're doing it right.

01 What pulled you here?

Wonder? Doubt? Both at once? Something you can't quite name yet?

02 Where are you standing today?



mark an X anywhere — every spot is a fine place to stand. skeptics make the sharpest observers.

03 Say your doubt out loud — on paper.

What part of you isn't buying this? Name it plainly. Doubt is data, not a defect — and we'll look back at it in six weeks.

04 As I presented tonight, what moved in your thinking?

Not what your body did — what your mind did. Did something shift, resist, get curious, or stay perfectly still?

Honestly, not much moved — and that is a completely good note.

Keep this page. We open it again in Episode Six.

A curiosity-and-play experiment. None of this is medical advice, and none of it replaces the care you're already in — explore alongside, never instead of.