



TALES OF EVERYDAY JOY

# Towards Healing

*Seven gentle days of noticing what  
already steadies you, until your own  
pattern shows you the way.*

BY ROOPA VITTAL

# You already carry what steadies you.

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When everything feels like too much, the future is the last place to look, so we will not go there. There is nothing to plan and nothing to fix. For seven days, you will simply jot down a few tiny things each evening: what steadied you, what you were grateful for, a small kindness, a tiny joy.

That is all. A few words a day. Some days, one word. If even that feels like too much, read the page and breathe, and that counts.

Then, at the end of the week, you will look back, not to analyse, but to notice. The same small things will have kept returning.

**That repeating thread is your pattern**, and from it you will draw your own anchor, in your own words.

*We are not building you a plan. We are helping you notice the one you already live by.*

01

DAY 1

# A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

---

**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

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*By the end of the week, these small notes will quietly show you your own pattern.*

02

DAY 2

# A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

---

**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

---

*By the end of the week, these small notes will quietly show you your own pattern.*

03

DAY 3

## A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

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**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

---

*By the end of the week, these small notes will quietly show you your own pattern.*

04

DAY 4

## A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

---

**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

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*By the end of the week, these small notes will quietly show you your own pattern.*

05

DAY 5

## A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

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**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

---

*By the end of the week, these small notes will quietly show you your own pattern.*

# 06

DAY 6

## A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

---

**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

---

*By the end of the week, these small notes will quietly show you your own pattern.*

07

DAY 7

## A few small notes from today.

Just notice. Don't analyse, don't plan. A few words is plenty. Some days, one word.

Date

**One small thing that steadied me today, even for a moment**

---

**One thing I was grateful for**

---

**One way I was kind, to myself or to someone else**

---

**One tiny joy, however small**

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*By the end of the week, these small notes will quietly show you your own pattern.*

# What kept showing up?

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Read slowly back over your seven days. You are not looking for answers, only for repeats. Which small things kept steadying you? Tick any below that were yours, and add your own.

☐ Time in the garden or outside☐ Movement or dance☐ A warm drink or small ritual☐ Rest and sleep☐ Music☐ Time with someone☐ Making something☐ Quiet or prayer☐ Beauty, noticed☐ + your own

**The threads I notice, the things that are consistent about me:**

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# The plan you already live by.

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These are not new rules to keep. They are simply what is already true about you, gathered from your own week. Choose two or three small things that kept returning, and let them be your anchor, the things you come back to when the ground shifts again.

**My anchor, in my own words:**

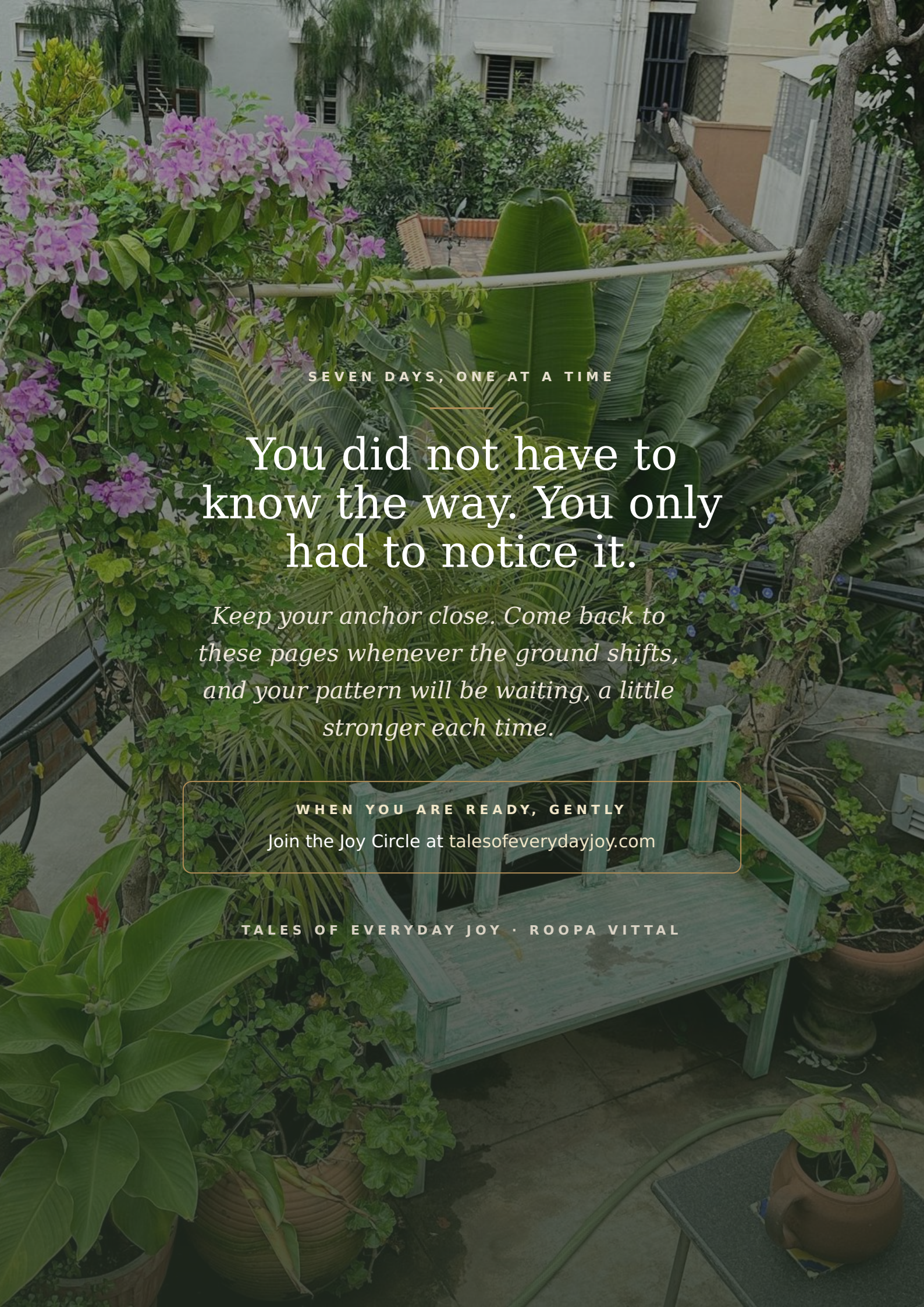
1. 

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2. 

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3. 

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*This is your pattern, in your own hand. You did not invent it this week. You found it. And because it is already yours, it will hold.*



SEVEN DAYS, ONE AT A TIME

You did not have to  
know the way. You only  
had to notice it.

*Keep your anchor close. Come back to  
these pages whenever the ground shifts,  
and your pattern will be waiting, a little  
stronger each time.*

WHEN YOU ARE READY, GENTLY

Join the Joy Circle at [talesofeverydayjoy.com](https://talesofeverydayjoy.com)

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