
Make room this week.

A seven-day experiment in giving something that matters a real place in your life.

Choose one small thing you want more of: connection, movement, quiet, making, learning, or plain enjoyment. The aim is a week that feels a little more like yours.

What would I like to experience more often?

What is the smallest satisfying version of it?

When and where will it happen? Put it in your calendar.

What can I simplify, share, or set aside to make room?

A small plan you can live is a good place to begin.

Notice what changes.

Each day, write a few words. What gave you a little life? What helped? What would you like to repeat?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Looking back: what felt worth the room it took?

What do I want to protect or adjust next week?

Enjoyment is useful information. Let what you notice help you choose your next small experiment.