

Thirty-one mornings

one question each

Undated on purpose. Start on whatever day you pick this up, and if you miss four days, start again at the number you stopped on – nothing here knows what month it is. Answer in one sentence, then keep writing or stop. One line is a real entry.

Getting honest DAYS 1–7

- 01 ☐ What am I actually worried about today, in one sentence?
- 02 ☐ What did I do yesterday that I'd rather not have done?
- 03 ☐ What am I pretending is fine?
- 04 ☐ What am I about to do today that I'd rather not do?
- 05 ☐ Where did I see something good yesterday and not stop for it?
- 06 ☐ What have I been putting off, and what is it costing?
- 07 ☐ What did I read this week that I don't understand?

Asking for something DAYS 8–14

- 08 ☐ What do I want that I haven't asked for out loud?
- 09 ☐ What would be enough for today?
- 10 ☐ What am I asking for that I'm not willing to work for?
- 11 ☐ What have I stopped asking for because I gave up on it?
- 12 ☐ If today goes well, what will have happened?
- 13 ☐ What outcome am I quietly assuming I'm owed?
- 14 ☐ What do I have today that I was asking for a year ago?

Looking back DAYS 29–31

- 29 ☐ What happened this month that I'd be sorry to forget?

- 30 ☐ What was I asking for on day one, and where is it now?

- 31 ☐ What is working right now that I've stopped noticing?

Other people DAYS 15–21

- 15 ☐ Who am I praying for out of habit rather than attention?
- 16 ☐ Who have I been meaning to pray for and haven't?
- 17 ☐ Who will I speak to today, and what do they need from me?
- 18 ☐ What does that person need that isn't the obvious thing?
- 19 ☐ Who is hard to pray for, and why?
- 20 ☐ Who did something small for me that they didn't have to?
- 21 ☐ Who prayed for me, and did I ever tell them what happened?

Harder ground DAYS 22–28

- 22 ☐ Who am I angry at, and what did I want from them?
- 23 ☐ What would I say if I weren't being careful?
- 24 ☐ What am I afraid will happen if I stop managing this?
- 25 ☐ What part of this is mine to do, and what part isn't?
- 26 ☐ What exactly am I doubting – a promise, a person, or myself?
- 27 ☐ What have I seen that I can't explain away?
- 28 ☐ What's the worst version, written plainly?

The card for the mornings *you're not fine*

Most prompt lists are written for a good morning. Cut this one out along the dashes and tuck it inside the front cover of your journal, where it will be waiting on the day the cheerful prompts feel like an insult.

Start anywhere. One sentence is enough.

When you're *not fine*

ANGRY

Who am I angry at, and what did I want from them?
What would I say if I weren't being careful?
Am I angry at God, and am I willing to write that down?

BORED WITH IT

When did this last feel like anything, and what was different?
Am I bored, or am I avoiding something in particular?

NOT SURE I BELIEVE IT TODAY

What exactly am I doubting — a promise, a person, or myself?
What have I seen that I can't explain away?
What would I need in order to keep going for one more week?

GRIEVING

What do I miss most specifically?
What do I want said back to me?
What is the thing I can't say to anyone?

CARRYING SOMETHING

What is the decision underneath the worry?
What part of this is mine to do, and what part isn't?
What would be enough for today?

None of these resolve in a morning. They aren't meant to. They exist so the page stays usable on the days you have nothing.

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How to use the sheet

Answer the question in a single sentence, then carry on writing whatever that sentence turned up. If nothing follows, that is a real answer and the page is allowed to be one line long. The failure mode is answering it completely and neatly in four sentences, then stopping — that's a worksheet, not a prayer.

When to stop using it

A few weeks in you'll find yourself answering a question you didn't need asked. That is the goal, not a problem. Stop using the prompts, keep the card somewhere for the mornings you stall, and don't treat the day you pick it back up as a failure.