Seven Evenings, One Notebook

An example to adapt together, not a fixed plan for everyone.

Louis prepares and explains a selection of practices. Together, you build your personal plan. These seven evenings are an example: adapt the steps to your situation and note what you notice.

1 **Set the day down**

A first gesture to leave work behind.

☐ done

2 **Notice the body**

Find where the tension has settled.

☐ done

3 **Slow the breath**

A simple breathing exercise, at your own pace.

☐ done

4 **Notice your thoughts**

Observe what is on your mind, without judging.

☐ done

5 **Try a practice**

An exercise from the selection explained by Louis.

☐ done

6 **Adjust it**

Adapt it based on how it went for you.

☐ done

7 **Keep it**

Write down what you would like to keep practising.

☐ done

The soup: notice the body, thoughts and feelings, without judging. The meatballs: short exercises chosen for your situation.

My plan for what comes next

After the seven evenings, you receive a plan to continue on your own. Use this page to note what you want to keep and adapt. Any further personal support is a separate choice, agreed together.

My practice, in one sentence:

The moment of the evening when I use it:

What I have noticed:

What is still difficult:

To find your starting point, take the two-minute test at septsoirssereins.odoo.com/english.