Noticing *glimmers.*

Why this helps: glimmers are small moments that bring a sense of safety, calm or joy — the opposite of triggers. Noticing both, without judging either, helps you learn what your nervous system loves and what wears it down.

HOW TO USE IT Once a day, jot a word or two in each half: the gold half is for glimmers, the plum half for triggers. Blank days are fine. *Example — Glimmer: sun on my face on the walk home. Trigger: a sudden fire alarm test at work.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
GLIMMER ☆	GLIMMER ☆	GLIMMER ☆	GLIMMER ☆	GLIMMER ☆	GLIMMER ☆	GLIMMER ☆
TRIGGER	TRIGGER	TRIGGER	TRIGGER	TRIGGER	TRIGGER	TRIGGER

PATTERN SPOTTING

What glimmers showed up most?

What triggers repeated?

What can I add more of?

☆ My glimmer *menu*

Small, reliable things to reach for on a hard day.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

REFLECT *A glimmer I can plan for next week:*