GUIDED COLOR EDITION

JOURNEY OF SELF



66 days to notice, care, choose, and practice

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One question. One example. One possible step.

A practical workbook to write in, print, and follow at your own pace.

01 NOTICE	02 CARE
03 CHOOSE	04 PRACTICE

BEFORE YOU BEGIN

Welcome to your journey

A brief daily practice with room for real life.

This is a self-awareness workbook, not a performance test. Read the question, observe a concrete situation, write what you notice, and try a small action. If you miss a day, return without making up pages.

1 OBSERVE

Begin with what happened before rushing to a conclusion.

2 WRITE

Use your own words. One honest sentence is enough.

3 TRY

Adapt the step. Choose a safe and feasible version.

4 REVIEW

Every seven days, look for patterns and adjust next week.

MY STARTING POINT

Starting on: ___ / ___ / _____ Possible time: _____

If an exercise feels uncomfortable, pause and seek support if needed.

BEFORE YOU BEGIN

A compass, not a promise

What 66 days can and cannot offer.

The Journey offers questions, experiments, and reviews to help you notice patterns and choose deliberately. Your experience is individual. The number 66 organizes the route; it does not guarantee a habit, healing, or prosperity.

HOW TO RECORD YOUR PROGRESS

- Use observable examples: “I paused before replying,” instead of “I improved completely.”
- Note obstacles, surroundings, and support to help you adjust your plan.
- Compare day 1 and day 60 without turning a score into a diagnosis.

CARE FOR YOURSELF

This educational workbook does not replace professional assessment or treatment. You may skip questions, pause, and seek a trusted person or professional if needed. Do not use it to diagnose yourself or others.

A POSSIBLE COMMITMENT

One personal reason to begin:

HOW IT WORKS

The anatomy of one day

Read → write → try → notice.

TODAY'S QUESTION

A prompt to look at your own experience.

GO DEEPER

A way to answer more precisely, with no single right answer.

ILLUSTRATIVE EXAMPLE

A fictional situation makes the reflection concrete.

ONE POSSIBLE STEP

A small action you can adapt to your context.

IF... THEN...

A small plan linking a situation to a feasible response.

AT DAY'S END

Record what happened and adjust if needed.

JOURNEY MAP

Four phases, one path

Each stage opens different questions.

01 · NOTICE

DAYS 1–14 Situation, thought, emotion, body, and habitual responses.

02 · CARE

DAYS 15–28 Emotional listening, boundaries, rest, and possible care.

03 · CHOOSE

DAYS 29–42 Relationships, values, decisions, and direction.

04 · PRACTICE

DAYS 43–66 Small actions, adjustments, support, and continuity.

DIGITAL COMPANION

The website accompanies you

A message can extend your daily reflection.

Visit the site and search for a word such as values, emotions, family, choices, or purpose. Read one message and return to the workbook to write one thought of your own. The site complements the essential exercises here.

Visit the official website

ometodoeu.com.br

A MESSAGE I FOUND

WHAT I THOUGHT WHILE READING

DAY 01 / NOTICE

My starting point

Phase Notice · Day 1 of 66

LOOK WITHIN

How are my body, relationships, work, and sense of purpose today, from zero to ten? What does this snapshot reveal?

GO DEEPER

Use four scores as today's snapshot, without comparing yourself with anyone else.

ILLUSTRATIVE EXAMPLE · FICTIONAL

Body 5, relationships 7, work 4, purpose 6. Today I will notice my rest.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Choose one area to observe this week.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

DAY 02 / NOTICE

Pause and notice

Phase Notice · Day 2 of 66

LOOK WITHIN

When did I react automatically? What happened just before that reaction?

GO DEEPER

Describe the observed event first; then identify the moment before you responded.

ILLUSTRATIVE EXAMPLE · FICTIONAL

In a group chat, I replied quickly after reading criticism. First, I felt tightness in my chest.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Take three breaths before responding once today.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

DAY 03 / NOTICE

The values that guide me

Phase Notice · Day 3 of 66

LOOK WITHIN

What are my five most important values? Where did one show up yesterday?

GO DEEPER

Name values in your own words and choose one ordinary moment as evidence.

ILLUSTRATIVE EXAMPLE · FICTIONAL

I value presence. Yesterday I put my phone away to listen to someone for ten minutes.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Make one small choice aligned with a value.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

DAY 04 / NOTICE

Name the feeling

Phase Notice · Day 4 of 66

LOOK WITHIN

What emotion appeared today? Where did I notice it in my body?

GO DEEPER

Name the emotion without calling yourself weak or wrong for feeling it.

ILLUSTRATIVE EXAMPLE · FICTIONAL

I felt uneasy before a meeting and noticed tension in my shoulders.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Write down one emotion without judging it.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

DAY 05 / NOTICE

What I need

Phase Notice · Day 5 of 66

LOOK WITHIN

Could this feeling point to rest, connection, safety, clarity, or autonomy?

GO DEEPER

Separate the feeling from a possible need; several needs may fit.

ILLUSTRATIVE EXAMPLE · FICTIONAL

I noticed irritation. I may need a break before continuing the conversation.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Choose one possible act of care today.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

DAY 06 / NOTICE

One small choice

Phase Notice · Day 6 of 66

LOOK WITHIN

What change could fit into ten minutes? When and where will I try it?

GO DEEPER

Shrink the change until it fits in ten minutes, then choose a time and place.

ILLUSTRATIVE EXAMPLE · FICTIONAL

I want to walk more: today I will walk for ten minutes after lunch.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Try the step and note what happened.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

DAY 07 / NOTICE

A kind review

Phase Notice · Day 7 of 66

LOOK WITHIN

What did I discover, what was hard, and what is worth repeating?

GO DEEPER

Look back over six days and separate what you learned from what you expected.

ILLUSTRATIVE EXAMPLE · FICTIONAL

I paused twice. The third time was hard; next week I will notice the trigger.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Choose a focus for next week.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?

REVIEW / DAYS 1 TO 7

Pause to integrate

Look at days 1 to 7 with curiosity, not pressure.

WHAT DID I NOTICE?

One situation, feeling, or pattern I can describe.

WHAT DID I TRY?

One small step I did or attempted.

WHAT WAS DIFFICULT?

A real obstacle, without putting myself down.

WHAT WILL I ADJUST?

A concrete change in timing, size, or support.

Next week, if _____, then _____.

DAY 08 / NOTICE

My trigger

Phase Notice · Day 8 of 66

LOOK WITHIN

What situation often starts a familiar reaction? What are the first signs?

GO DEEPER

Notice the earliest cue: a word, tone, place, or bodily sensation.

ILLUSTRATIVE EXAMPLE · FICTIONAL

A raised voice in a meeting often comes before my urge to defend myself.

MY REAL-LIFE SITUATION

ONE POSSIBLE STEP

Notice one warning sign without trying to fix it.

MY PLAN: IF... THEN...

WHAT HAPPENED? WHAT WILL I ADJUST?