Restart anytime

Away for a day, a week or a month? Welcome back. Nothing to fix, nothing to backfill. Start from right here.

Right now I feel



good | calm | okay | tired | worried | low

☆ What still matters?

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

♀ One tiny next step

_____

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♡ A small reward for coming back

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