

褒め



free ver.

HO・ME

est 2026

a three-day reflection journal

let the bright into your window.



all is wwell



WELCOME IN

this is a place to notice what
is already good in you. it asks
for very little.

no rules.

write in any order, on any day. skip the ones
that do not fit.

no streaks.

nothing counts up and nothing breaks. miss
a day and the next page still welcomes you.

one is enough.

there are three lines a day. filling one of
them is the whole practice.

Let the bright into your window, all is wwell.





01

02

03

date . . .

DAY 01 / 03

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WHO I AM

what did you like about yourself today?



01

02

one is enough.

Let the bright into your window, all is well.



01

02

03

date . . .

DAY 02 / 03

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WHAT I DID

what took a little courage today?



01

02

one is enough.

Let the bright into your window, all is well.



01

02

03

date . . .

DAY 03 / 03

WHO I AM BECOMING

what would you like to keep?

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01

02

one is enough.

Let the bright into your window, all is well.

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THREE DAYS OF NOTICING WHAT'S GOOD IN YOU

you did not need to do it perfectly,
and you did not. that is the point.
if you would like to keep going, mai
is one week of the same quiet thing.

毎

MAI

EVERY • CONSISTENCY

1 week

£1.99

get a notification

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YUU

GENTLE • TENDERNESS

1 month

£3.99

get a notification

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