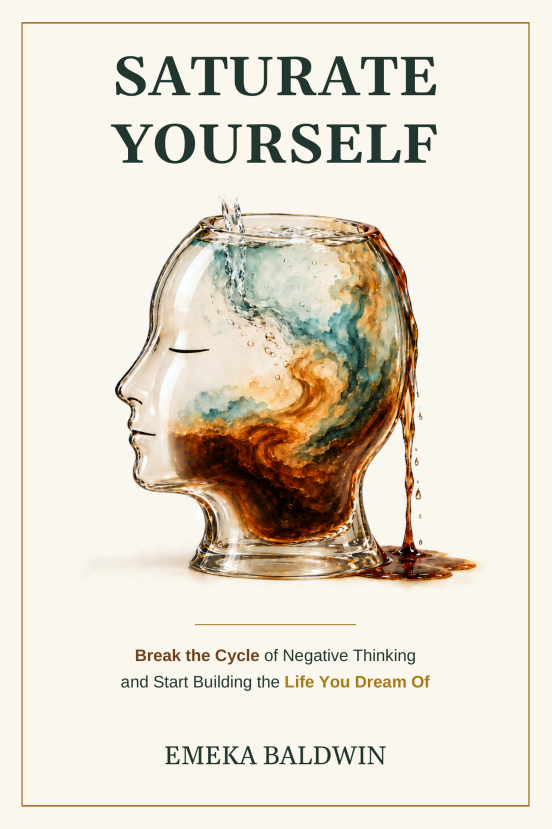
Read. Listen. *Apply.*



A 14-DAY ROUTE INTO PRACTICE

One idea from the book. A small place for it in your life.

Start here.

Choose a passage and one ordinary situation where it might help.

Use the book or audio you own. Write in your own notes. Take these days at your pace; the paid workbook is optional.

WEEK 01

Understand. Then try.

One small task a day. A sentence in your notes is enough.

01

Find one idea.

Mark a page or audio moment.

02

Say it simply.

Explain it in your own words.

03

Choose a moment.

Where could this idea help?

04

Shape a response.

Choose one believable sentence or action.

05

Try it once.

Use a suitable, ordinary moment.

06

Notice what happened.

Record one fact, not a score.

07

Keep one lesson.

What will you keep or adjust?

Miss a day? Resume with the next useful step. No catching up.

WEEK 02

Adjust. Then return.

One small task a day. A sentence in your notes is enough.

08

Adjust one thing.

Make the response smaller or clearer.

09

Prepare the moment.

Rehearse the action, including a setback.

10

Try again.

Use the adjusted response when it fits.

11

Compare honestly.

What changed? What stayed the same?

12

Ease one obstacle.

Prepare a reminder, information or help.

13

Leave a return point.

Write exactly where you will restart.

14

Choose your next route.

Continue, change the practice or pause.

Miss a day? Resume with the next useful step. No catching up.

Pick it *back up.*

Leave yourself a clear place to begin again.

01 **What is worth keeping?**

Name something you tried and what you observed.

02 **What comes next?**

Write the first action, and when or where you can begin.

TOO MUCH?	Make it smaller.
NO CHANGE?	Recheck the idea or seek help.
INTERRUPTED?	Use your return point.

Thank you for making room for Saturate Yourself.