THE SOFTER WEEK

Seven days. One small practice each. For when healing needs to stop being a battle.

"You don't have to earn softness by suffering first."

— from He Called It Love

BEFORE YOU START

This week isn't about fixing anything. It's about practicing a different pace for seven days.

Do the days in order or out of order. Skip one if you need to. There's no version of this you can fail.

DAY ONE — LOWER ONE EXPECTATION

Pick one thing you've been demanding of yourself.
Lower it. Just for today.

Notice what's left when the pressure drops.

DAY TWO — DO ONE THING WITH YOUR HANDS

Cook something. Fold laundry. Pull weeds. Draw badly.
Thinking got you through the hard parts.

Today, let your hands do something instead.

DAY THREE — SAY NO TO ONE THING

Skip the errand. Decline the invite.

Order in.

Notice the world doesn't end when you choose easier.

DAY FOUR — LEAVE YOUR HOUSE FOR TEN MINUTES

A porch. A park bench. Anywhere but the usual spot.

Healing in the exact same place every day starts to feel like a rut.

DAY FIVE — TEXT SOMEONE SOMETHING GOOD, UNPROMPTED

Not a check-in. Something good, about them.

Softness toward other people is still softness toward you.

DAY SIX — LEAVE ONE THING UNFINISHED

The email. The inbox. The list.
Pick one and leave it undone on purpose.

Practice "later" instead of "now."

DAY SEVEN — DO THE THING THAT ACTUALLY RESTS YOU

Not the bath everyone recommends, if that's not your thing.

Whatever specifically quiets your particular mind. Do that. Guilt-free.

Softness isn't a reward you get after you've healed enough. It's part of how the healing happens. You get to start now.

-Sara from He Called It Love