My 7-Day Journal

One small task. One honest reframe. Seven days.



A companion to The Mail Pile Has Its Own Mail

MARGARET FERRARO

Your Next Good Chapter

A companion to The Mail Pile Has Its Own Mail

Your 7-Day Journal

This is where the method actually happens



I know it sounds too simple. It's meant to be. A small task is one you can still do on a tired day, and starting is the hard part.

Fill in your plan once, then use one page a day for seven days. On every page, circle a choice or write your own, whichever is easier.

PRINT AS MANY AS YOU LIKE

This journal is yours to print again and again. Use a fresh copy each time you start a new week, a new task, or a fresh start after a bumpy stretch. The houseguests and the Diner menu come from **The Mail Pile Has Its Own Mail**.

How the Journal Works

1

The Thought

The thought that makes your task feel hard. Just notice it and write it down. Bonus points for naming the houseguest.

2

The Action

Do your task anyway, even the snack size. The action comes first.

3

The Reframe

After you act, write a truer thought based on what actually happened.

An example

THE THOUGHT *"They'll be annoyed with me, and I'll get flustered on the phone."* (The Mind Reader)

THE ACTION I wrote down what to say and called the doctor's office for my yearly checkup.

THE REFRAME *"I made the call, and it was fine. Putting it off was harder than doing it."*

Missed a day? Just pick up the next one. Five out of seven is genuinely good.

Starting date: _____

My Plan

Fill this in once, before Day 1

MY TASK

Small, specific, and doable on a tired day. Circle one from the Diner, or write your own:

The Mail Nibble · The Clean Counter Special · The Bed Maker · The Real Meal · The Ten-Minute Tidy · The Brave Call · The Fresh Air Platter

MY SNACK SIZE, FOR A HARD DAY

WHEN, OR RIGHT AFTER

After my morning coffee · After breakfast · After lunch · After dinner · Before bed

After I _____, I'll do my task.

THE THOUGHT THAT MAKES IT FEEL HARD

I can't do this · It's too much · I'll mess it up · What's the point? · I'm too tired · They'll judge me

And the houseguest who usually brings it:

Doom Forecaster · All-or-Nothing Ned · Mind Reader · Mr. Don't-Feel-Like-It · It's-All-My-Fault Fran · Always-Never Al · Gloom Filter · Should Sergeant

Day 1

Starting Where You Are

Date: _____

STAMP HERE

You don't need to feel ready. You don't need to be in the right headspace. You just need to begin. That's all today asks.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 1

Starting Where You Are, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"Hmph. Seven days? I'll believe it when I see it."

Something I noticed today

A small win, a surprise, a moment that felt good, or just how the day went.

Day 2

Finding Your Footing

Date: _____

STAMP HERE

Yesterday happened. Today is its own thing. You're not behind. You're just here.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 2

Finding Your Footing, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"Day two. You came back. Interesting."

Something I noticed today

A small win, a surprise, a moment that felt good, or just how the day went.

Day 3

The Middle

Date: _____

STAMP HERE

Day three is often where the newness wears off. That's not a bad sign. It means you're building something real.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 3

The Middle, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"The middle is where I take my nap. You keep going. I'll catch up."

Something I noticed today

A small win, a surprise, a moment that felt good, or just how the day went.

Day 4

Halfway

Date: _____

STAMP HERE

You're halfway through the week, and that's not nothing. Take a moment to notice it.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 4

Halfway, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"Halfway? Fine. I've moved one inch closer. Don't read into it."

Something I noticed today

A small win, a surprise, a moment that felt good, or just how the day went.

Day 5

Building Evidence

Date: _____

STAMP HERE

Five days of showing up for yourself. That's real, concrete proof that you can make a promise and keep it.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 5

Building Evidence, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"Five days. I may have to revise my opinion of you."

Something I noticed today

A small win, a surprise, a moment that felt good, or just how the day went.

Day 6

One More Day

Date: _____

STAMP HERE

Tomorrow is the last day of the week, but today matters just as much. Show up the same way you have been.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 6

One More Day, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"I'm not saying I'm impressed. I'm saying I'm awake. Which is rare."

Something I noticed today

A small win, a surprise, a moment that felt good, or just how the day went.

Day 7

You Did This

Date: _____

STAMP HERE

Seven days. Whether you nailed it, stumbled through it, or landed somewhere in between, you showed up. That matters more than you might realize.

My task today: _____

1. The thought that made it hard

Circle one, or write your own.

I can't do this | It's too much | I'll mess it up | What's the point? | I'm too tired | They'll judge me

Which houseguest brought it? _____

2. What I did

Circle one.

All of it | Part of it | My snack size | Not today, and that's okay

In my own words:

Day 7

You Did This, continued

Now for the good part

3. My reframe, written after

A truer thought, based on what I actually did. Circle one, or write your own.

I did it anyway | It wasn't as bad as I thought | A small step still counts | I'm more capable than I feel | I can try again tomorrow | I showed up for myself



WALTER'S TAKE

"(Slow blink.) That's cat for 'I'm proud of you.' Don't tell anyone."

★ My next move

Days I did my task, fully or in part: _____ of 7

Next week I'll: ☐ **Repeat** ☐ **Stack a second task** ☐ **Swap to a new one**

Did it most days, and it's starting to feel easy? Stack or swap. Still takes effort? Repeat. That isn't falling behind.

Certificate of Showing Up

This certifies that

_____

did one small thing, ____ out of 7 days,

and has the evidence to prove it.

Date: _____



Signed, Walter

(his mark: one paw print)

CERTIFIED
1-1-7

Now go stamp something.
You earned it.