

Day Still Moving

SUNSET SIP

UNFINISHED VS. TONIGHT NEEDS ME TONIGHT • NEEDS A RETURN POINT • NOT MINE / NOT NOW.

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Unfinished vs Tonight

SUNSET SIP

RELEASE WITHOUT ERASING This is still true _____. It does not need from me tonight _____. I am willing to set down _____. I will return to it _____.

THIS IS STILL TRUE

IT DOES NOT NEED FROM ME TONIGHT

I AM WILLING TO SET DOWN

I WILL RETURN TO IT

Release Without Erasing

SUNSET SIP

RECOGNIZE THE DAY EFFORT • LEARNING • CONNECTION • LIFE. Recognition does not cancel the painful parts.

THIS IS STILL TRUE

IT DOES NOT NEED FROM ME TONIGHT

I AM WILLING TO SET DOWN

I WILL RETURN TO IT

Recognize the Day

SUNSET SIP

TOMORROW CUP Give the unfinished item a real return point so your brain does not have to keep rehearsing it.

EFFORT

What did I carry or attempt?

LEARNING

What did today teach me?

CONNECTION

Where did connection show up?

LIFE

What ordinary thing deserves recognition?

Reconnection Map

SUNSET SIP

LAST SIP WELCOME HOME Release • Recognize • Reconnect • Tomorrow Cup

TONIGHT I WANT TO RECONNECT WITH

BECAUSE

THE SMALLEST VERSION THAT COUNTS IS

Tomorrow Cup

SUNSET SIP

LAST SIP WELCOME HOME Release • Recognize • Reconnect • Tomorrow Cup

THE UNFINISHED THING

WHEN I WILL RETURN TO IT

THE FIRST NEXT STEP

WHAT I CAN STOP REHEARSING TONIGHT

Sunset Sip Card

SUNSET SIP

LAST SIP WELCOME HOME Release • Recognize • Reconnect • Tomorrow Cup

RELEASE

What can the day stop asking of me?

RECOGNIZE

What deserves acknowledgment?

RECONNECT

What matters tonight?

TOMORROW CUP

What gets a real return point?

Carry Home Cup

SUNSET SIP

LAST SIP WELCOME HOME Release • Recognize • Reconnect • Tomorrow Cup

TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?