

Atlas Left This Here

A quiet page to keep, fill in, or return to when you need it.

Sometimes the day does not become lighter all at once.
Sometimes it changes by one small thing being noticed.

You do not need to fix everything here.
You only need to notice what is true today.

Today, something small that helped was:

Something I am carrying that feels heavy is:

One thing I can give myself permission to do next is:

That is enough for today.

— Atlas 

Big Love 
Brett

