

ALESSANDRA FRAUSIN

BEFORE SEPTEMBER BEGINS

The One Day Reset

The pages, the prompts, and the space to answer them by hand. Print it, or keep it beside your notebook.

Six exercises, in the order the day takes them. Nothing here asks anything of you yet, and nothing expires.

S-GNATURE

BEFORE THE DAY

Three things you need to know to get started

01 Choose a date and mark it in your calendar as busy.

02 Choose a space that feels truly yours to begin.

03 Take earphones, a notebook and a pen. Nothing else.

YOUR DAY AT A GLANCE

MORNING Wake up — slowly, and without a screen

AUDIO 1 Meditation

WRITING Free flow

AUDIO 2 The walk

AUDIO 3 Visualization

THE LETTER It had to be done — written straight after the visualization

Wake up

Slow wake up, a glass of water by the bed, no screens, a moment just for yourself.

Leave the phone where it is. If you need an alarm, set it the night before and put the phone across the room, face down. The first ten minutes of the day are the only ones you will get before anything has been asked of you.

Drink the water. Open a window. Sit for a moment before you stand up. Nothing else is required of this part of the day, and there is no correct way to feel while you do it.

Before anything else arrives, write one line: what is here this morning?

MAKING UNAVAILABILITY REAL

If you have not already done it: tell the people who genuinely need to know, and decide the one route a real emergency can use. Write the message here as you would actually send it.

Meditation

Find a safe space, put your headphones on and dive into our first moment together.

Twenty minutes, in my voice. Save the audio to your phone before you go offline, so that listening to it does not put you back online.

This is not switching off your brain. Nobody empties their mind, and the attempt to do it is what makes most people give up. Thoughts will arrive. You are only practising letting them pass without promoting each one to a decision.

Sit somewhere you will not be interrupted. You do not need to sit on the floor, and you do not need to be still if stillness is uncomfortable today.

Afterwards, in a word or two: what is different?

And what did your attention keep returning to?

You may notice something immediately, or nothing at all. There is no correct response. Allow whatever is present to be enough information for now.

Free flow

No thinking, no order, no logical sense needed. Just you and a pen on your blank page.

Write for as long as it keeps moving, and stop when it stops. Do not correct anything, do not go back to a sentence, and do not decide whether any of it is true. If you run out, write the last thing again until something else arrives.

Nobody will read this, including you, unless you choose to. Its only job is to get what is running out of your head and onto the paper, where you can look at it instead of carrying it.

The walk

Take a walk. If you feel like playing the audio, I will walk alongside you for the beginning of this journey.

An hour outside, together at first, then quiet. Headphones, and no destination. Do not plan a route, and do not measure it.

Sometimes a walk is allowed to be a walk. If nothing arrives, nothing has gone wrong. But your best thinking often comes after you stop trying, and this is the part of the day designed to let it.

When you come back, write what arrived while you were not looking for it.

Anything you would rather not carry for the rest of the day goes here. Later.

Writing it down does not mean you have agreed to act on it.

Visualization

Close your eyes. This will only last a few minutes but we need to dive all in and imagine.

Listen to audio three before you write anything on this page. It is short, and the last exercise of the day depends on it.

The value is not the realism of the inner picture. Some people see a room in detail; others see almost nothing and simply feel a change of temperature. Both are working. Write down what you were given, not what you think you were supposed to receive.

What did you see, or almost see?

What was present in it that is not present in your ordinary week?

STRAIGHT ON TO THE LAST EXERCISE

Do not stop here. While the visualization is still with you, turn the page and write. The prompt is already given to you, and you continue from it: *it had to be done*.

It had to be done

The last exercise of the day. Written straight after the visualization, from the prompt already given to you.

Come back to this page. I will be waiting for you to read your words and to send you a letter in the future.

Begin with the words below and keep going. Do not plan it first. You are writing to the version of you who reads this on an ordinary loud day, months from now, who will have forgotten what today made obvious — so tell her while you can still hear it.

There are two ways to do this, and both work. Write it into the form on the website, and it will be sent back to you on **Tuesday 1 December**. Or write it here, by hand, and put a note in your calendar to read it back on **1 December** yourself.

If you use the website, you choose whether the letter stays entirely private or whether an anonymous excerpt may be shared. That choice changes nothing about the day.

It had to be done...

DATE WRITTEN

