

# Notebook Prompts

The material is already in your week. Catch it before it disappears.

## PROMPTS FOR WHEN THE PAGE IS BLANK

- ⊙ A comment that stayed with you longer than it should have.
- ⊙ A small friction that says something bigger.
- ⊙ A moment someone surprised you.
- ⊙ The thing you almost said in a meeting but didn't.
- ⊙ Something you changed your mind about.
- ⊙ A stranger-moment: overheard, observed, unexplained.
- ⊙ The story you have told twice this month without noticing.

**One rule:** capture first, judge later. Two lines is enough. You are not writing the story, you are saving the moment.

**Small and true beats big and vague. — Story is strategy.**