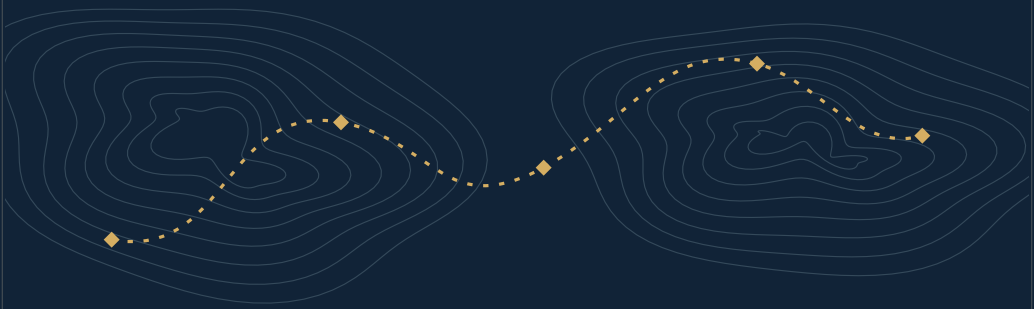
THINK TOWN

A PERSONAL GROWTH GUIDE

21 Days in Think Town

Notice your thoughts. Practice one small habit.
Choose where to put your attention.

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THREE WEEKS · ONE SMALL PRACTICE A DAY

insidethinktown.com

Before you begin

Give this a few minutes a day for 21 days. Over three weeks you'll notice your thoughts, build one small habit, and learn to put your mind to work when you choose, instead of letting it run on problems it imagines.

Each week has one aphorism from Think Town, and each day has a short title, a simple prompt, and a small task. Each day ends with a small way to respond: a line in a notebook or your phone, a few words out loud, a voice note, or just a quiet moment. Choose whichever suits you.

When you've done a day, check its box. To keep your progress, save the PDF in a reader that supports forms. It doesn't need to be perfect; just show up.

Save the pocket cards to your phone for quick reminders.

YOUR ROUTE

01 Notice DAYS 1–7 ›

02 Practice DAYS 8–14 ›

03 Own It DAYS 15–21 ›

WEEK 1 · DAYS 1–7

Notice

“The mind is an instrument not the director.”

HEART AND MIND BRIDGE

This week, simply notice your thoughts. You don't need to change them.

01 The Replaying Thought

Notice one thought you keep replaying today.

Sometime today, notice one thought that feels bothersome, or one that may seem unnecessary: something you keep replaying, even when it isn't helping. You don't need to fix it, judge it, or argue with it; for now, simply notice that it's there. Before the day ends, write it down in a line or two, just as it sounded in your head.

☐ DAY COMPLETE

02 Name It

When a worry shows up, call it a thought.

The next time a worry appears today, pause for a moment and quietly say to yourself, “This is a thought.” You aren't pushing it away, only seeing it for what it is: something passing through, not an order to follow. Afterwards, check in with yourself: once you named it, did it feel lighter, the same, or heavier? Simply noticing the answer is enough.

☐ DAY COMPLETE

Days 3–5

03 The Loop

Find the thought that keeps coming back.

Some thoughts return on their own, day after day, often about work, a person, or ourselves. Today, notice one that keeps repeating. Notice what it says, word for word if you can, and when it tends to arrive: in the morning, on the way somewhere, before sleep. Jot it in your phone, or simply name it quietly to yourself when it comes. Seeing the pattern is enough for today.

☐ DAY COMPLETE

04 Who Is Driving

Spot one moment your mind took over.

Look for one moment today when your mind ran ahead without you: a quick reply, a spiral of what-ifs, a story about what someone really meant. You'll probably recognize it only afterwards, and that's fine. When you notice it, go over three things, in your head or out loud: what happened, what your mind told you, and what was actually in front of you.

☐ DAY COMPLETE

05 The Pause

Take one slow breath before you react.

Choose one moment today when you would usually react quickly: a message, a comment, a small frustration. Before you respond, take one slow breath and let a little space open up. Then take a moment to name what you noticed in that pause, whether it was a feeling, a second option, or simply a moment of quiet.

☐ DAY COMPLETE

Days 6–7

06 Tool in Hand

Use your mind on purpose for one task.

Pick one task today and treat your mind like a tool you are picking up on purpose: planning a meal, solving a small problem, writing a message. Give it a few focused minutes, then set it down again. If you'd like, tell someone you trust what you used it for, or simply notice how it felt to put the tool down when you were done.

☐ DAY COMPLETE

07 Looking Back

Reread your notes from this week.

Find a quiet five minutes and look back over this week, through your notes if you kept any or simply in your mind, without judging any of it. Look for one thing that changed simply because you noticed it, even something small, like a worry that felt quieter or a reply you chose not to send. Record a short voice note about it, write a line, or just say it to yourself.

☐ DAY COMPLETE

A SPACE FOR YOUR NOTES

WEEK 2 · DAYS 8–14

Practice

“Willpower is overrated. Success comes with habit.”

PURPOSE AND SUCCESS TRAIN STATION

This week you'll practice one tiny action, the same one every day from Day 8 to Day 14. You choose it on Day 8; each day after that adds one small step to make it easier to keep.

08 One Tiny Action

Pick one action small enough to do daily.

Choose one action so small it feels almost too easy: two minutes of stretching, a glass of water when you wake up, one line in a notebook, a short walk around the block. Small is the point; it should fit even on a busy day. Put it into one clear sentence, what exactly you'll do and for how long, and say it out loud or write it where you'll see it.

☐ DAY COMPLETE

09 Make It Smaller

Do your action today, in its smallest version.

Do the same action you chose yesterday. Then ask yourself: how small could it be and still count? If two minutes felt like a lot, one minute is fine. Decide on the smallest version you'd still be willing to do on a tired or difficult day, and jot it in your phone or simply keep it in mind; that's the one to keep in your pocket.

☐ DAY COMPLETE

Days 10–12

10 Link It

Do your action right after something you already do.

Pick a moment that already happens every day without effort: after your morning coffee, after brushing your teeth, when you sit down at your desk. That moment becomes your daily reminder. Make one simple sentence, “After I ___, I will ___,” and say it to yourself once or twice. Then do your action today, right after that moment.

☐ DAY COMPLETE

11 Again

Repeat it and note what made it easier.

Do your action again today, right after the daily moment you picked yesterday. Afterwards, take a minute to notice one thing that made it easier than you expected, or one small thing that got in the way and how you might move it aside tomorrow.

☐ DAY COMPLETE

12 Begin Again, or Keep Going

Missed a day? Start again. Haven't? Keep going.

If you've missed a day, that's part of practice, not the end of it. Do the smallest version of your action today, without trying to make up for lost days, and name to yourself what helped you begin again. If you haven't missed a day, do your action as usual and tell someone you trust, or simply remind yourself, what has kept you going so far, so you can return to it on a harder day.

☐ DAY COMPLETE

Days 13–14

13 How It Feels

Do it once more and check in with yourself.

Do your action once more today. Then pause and notice how it feels now compared with Day 8: heavier, lighter, more automatic, or simply the same. Say one honest sentence about it, out loud or quietly to yourself; there's no right answer here.

☐ DAY COMPLETE

14 Seven Days

Look back at a week of one small action.

Look back at your notes or think back over the past seven days, and count how many times you did your action. If you don't remember exactly, make your best guess. Notice the number without judging it. Then record a short voice note or write a line about one thing this week taught you about habits, and whether you'll keep the action going into Week 3.

☐ DAY COMPLETE

A SPACE FOR YOUR NOTES

WEEK 3 · DAYS 15–21

Own It

“All we do in life is choose our reality.”

REALITY SCENIC DRIVE

Your mind is good at analyzing, and it helps most when you ask it to. Left on its own, it often brings back problems from the past, imagines problems that might come in the future, or finds problems that aren't really there; and even when a problem is real, now often isn't the time to solve it. This week you'll notice when that happens, check whether a problem is real, and choose when to put your mind to work.

15 The Busy Mind

Notice when your mind starts analyzing without being asked.

Today, notice one moment when your mind starts working on a problem nobody asked it to solve: rehearsing a conversation, planning for something that may never happen, picking apart a message. You'll probably catch it partway through, and that's fine. When you do, pause and name it in your mind: “My mind is working on ___.” If it helps, jot it down too.

☐ DAY COMPLETE

16 Real or Imagined

Ask one question: is this problem real?

The next time your mind starts working on a problem, pause and ask: is this happening now, or is it something my mind imagines might happen? Often it's the second. Give yourself an honest answer, out loud or quietly to yourself: real, imagined, or not sure yet.

☐ DAY COMPLETE

Days 17–19

17 Now or Later

If it's real, does it need solving now?

Some problems are real but don't need your attention right now. Today, when your mind brings one up, ask: is there anything I can do about this today? If not, tell yourself, “Not now,” and add it to a short list for later, on paper or in your phone. Then notice how it feels to let it wait.

☐ DAY COMPLETE

18 On Purpose

Choose a time to put your mind to work.

Pick one real problem from your list and choose a time to think it through: a few minutes, somewhere quiet. Give it your full attention, then stop when the time is up. Afterwards, tell someone you trust what you worked out, or record a short voice note for yourself, and notice how it felt to use your mind because you asked it to.

☐ DAY COMPLETE

19 What's Real

Notice what's real and good in front of you.

Three times today, stop for a moment and notice one thing that's real and good right in front of you: a voice you like, warm light, a cup in your hands, a task going well. Stay with it for a breath or two. Name it quietly to yourself. This is practice for the next two days.

☐ DAY COMPLETE

Days 20–21

20 The Switch

When an unnecessary problem shows up, move to what's in front of you.

Today, when your mind brings up a problem you don't need right now, notice it, then deliberately move your attention to something positive and real in front of you: the person you're with, the task at hand, or what you can see, hear and feel. Stay there for a few breaths. If the problem drifts back, simply switch again. In the evening, write a line or record a short voice note about one switch that worked.

☐ DAY COMPLETE

21 Choose Your Reality

Make the switch the habit you keep.

“All we do in life is choose our reality.” Today, practice the switch whenever an unnecessary problem appears: notice it, ask whether it needs you now, and if it doesn't, bring your attention back to what's real and in front of you. By switching your focus to what matters, you choose your reality. To close the 21 days, tell someone you trust about the switch, or say quietly to yourself the one small thing you want to keep.

☐ DAY COMPLETE

A SPACE FOR YOUR NOTES

Twenty-one days.

You showed up for twenty-one days. You noticed your thoughts, practiced one small action, and learned to put your mind to work when you choose, instead of letting it chase problems that aren't there. That is the whole challenge, and you did it.

From here on, when your mind brings up a problem you don't need right now, switch your focus to what's real and in front of you. That's how you choose your reality.

Keep the one small thing that helped. This guide will be here whenever you want to return to a day.

WHAT'S NEXT

The three lines you lived with these weeks come from Think Town, a book of short aphorisms set in a town inside the mind. The book Think Town is available on Amazon.

Find the book on Amazon ›

Explore the Think Town app ›

SHARE YOUR TWENTY-ONE DAYS

If these weeks helped, and you'd like to tell us how, we'd be glad to hear from you. Choose whichever feels right:

- Share it on the Think Town Facebook page.
- Post on Instagram with #ThinktownChallenge.
- Or write to us at contact@insidethinktown.com.