

PLAY / 30-DAY RESET

A Hobby That Owes Nobody a Result

A practical workbook for choosing one absorbing activity, lowering the pressure and protecting it from becoming another job.

1. Choose the process, not the performance

Circle or write three activities you would still enjoy if nobody saw the finished result.

THREE POSSIBILITIES

Use this filter

- ☐ The process feels absorbing even when the result is imperfect.
- ☐ I can begin with a small amount of space, money and equipment.
- ☐ I feel curious—not obligated—when I imagine doing it for twenty minutes.
- ☐ I can keep it private while I am learning.

THE HOBBY I WILL TEST FOR 30 DAYS

2. Build a low-friction beginning

Make starting easier than postponing. Complete these decisions before buying a large kit or signing up for a long course.

THE SMALLEST USEFUL STARTER SET

WHERE THE MATERIALS WILL STAY VISIBLE

MY MONTHLY SPENDING BOUNDARY

MY FIRST DELIBERATELY SMALL PROJECT

3. The twenty-minute practice

Schedule eight short sessions. The only measure is whether you showed up and how the process felt.

SESSI ON	DATE	WHAT I DID	ENERGY AFTER
1			■ lower ■ same ■ higher
2			■ lower ■ same ■ higher
3			■ lower ■ same ■ higher
4			■ lower ■ same ■ higher
5			■ lower ■ same ■ higher
6			■ lower ■ same ■ higher
7			■ lower ■ same ■ higher
8			■ lower ■ same ■ higher

AT THE END OF 30 DAYS: WHAT MADE ME WANT TO RETURN?