

GRAYSPACE LIFE COACHING

Growth Begins in the Gray

7-DAY PRACTICE

Week in the Gray Space

10 minutes a day · 7 small experiments

Each day this week, carve out 10 minutes for one small experiment. Practice curiosity, notice what shifts, and log one measurable insight. Expect clearer priorities, quieter overwhelm, and forward progress that actually feels sustainable.

NAME

WEEK STARTING

MY INTENTION THIS WEEK

DAY 1	CURIOSITY Notice a Black-and-White Thought	
	Catch one all-or-nothing thought today. Write it down exactly as it appeared — then ask: what’s the version of this that lives in the middle?	
	THE THOUGHT	THE GRAY VERSION
	<hr/>	
	<input type="checkbox"/> 10 minutes done · Insight logged	

DAY 2	CLARITY Name Your One Priority	
	Out of everything on your plate today, what is the one thing that — if done — would make everything else feel more manageable? Commit to it first.	
	MY ONE PRIORITY	WHAT I NOTICED
	<hr/>	
	<input type="checkbox"/> 10 minutes done · Insight logged	

DAY 3	REFLECTION Sit with an Uncomfortable Feeling	
	Choose a feeling you’ve been avoiding. Spend 10 minutes with it — without trying to fix it. Name it, locate it in your body, and write one thing it might be telling you.	
	THE FEELING	WHAT IT’S TELLING ME
	<hr/>	
	<input type="checkbox"/> 10 minutes done · Insight logged	

DAY 4	MOMENTUM Take the Smallest Possible Step	
	Pick something you’ve been putting off. Break it down until you find the smallest version of a step forward — something so small it feels almost too easy. Then do it.	
	THE THING I’VE AVOIDED	THE SMALLEST STEP
	<hr/>	
	<input type="checkbox"/> 10 minutes done · Insight logged	

PERSPECTIVE **Flip the Frame**

Think of a current challenge. Now deliberately view it from three angles — the curious observer, your future self, and someone who cares about you. What shifts?

DAY **5**

THE CHALLENGE _____ WHAT SHIFTED _____

10 minutes done · Insight logged

AWARENESS **Map a Recurring Pattern**

Notice something that keeps showing up in your week — a reaction, a dynamic, an avoidance. Where did it first appear this week? What's one thing you could do differently?

DAY **6**

THE PATTERN _____ ONE DIFFERENT RESPONSE _____

10 minutes done · Insight logged

INTEGRATION **Review, Reflect, Reset**

Look back at your week. What was the most meaningful shift? What do you want to carry forward — and what are you ready to leave behind?

DAY **7**

BIGGEST SHIFT _____ CARRYING FORWARD _____

10 minutes done · Insight logged

This week's measurable insights

What I want to explore further

DAILY MOMENTUM — SHADE EACH CIRCLE AFTER COMPLETING YOUR 10 MINUTES



GraySpace Life Coaching

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#WeekInTheGray · #GraySpaceLife

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