VOW Coaching • School of Attention

Journal I

The Noticing Journal



This is not a journal to keep up with.

It's a place to notice what fills you, what drains you, and what your body is saying along the way. You don't have to fix anything you find here. Noticing comes first.

Rest is not a reward you earn at the end of a good day. It's a posture, a way of standing in your day that says *I don't have to carry all of it.* These pages are practice for that.

Each page takes a few minutes, and any one part of it is enough. Write the scene, not a verdict. If you miss a day, or a week, there is nothing to catch up on. Start wherever you are.

For me, what holds my whole life together is God at the center.

Love,

Dr. Korede

VOW COACHING · SCHOOL OF ATTENTION

BEFORE YOU BEGIN

How to use these pages

1 **Choose your battery.**
Where you are, not where you think you should be.

2 **Bring a moment to mind.**
One that gave something back, one that took something from you. Write the scene, then where your body noticed it.

3 **Let something be good enough.**
Something unfinished or imperfect that you let stand.

4 **Carry one line.**
A word or sentence. Leave it unexplained.

Any one of these is enough.

Skip what you don't need. Missed days don't need catching up. Every seven pages there's a look-back, for whenever you're ready.

Want more? The next page explains each part.

Questions, or something you'd like to share? Write to me at
admin@vowcoaching.com

This journal is for noticing, not diagnosing. If something in your body is new, strong, or keeps coming back, talk with your doctor.

VOW-JRN-001-v1.3 · NOVEMBER 2026

FOR REFERENCE

A little more about each part

My battery right now

Choose where you are, not where you think you should be. *Wired* is the busy, buzzing kind of charged that isn't rest. It's worth learning to tell apart from full.

A moment that gave, a moment that took

Think back on today. Bring to mind a moment that gave something back to you, and one that took something from you. Write the scene: where you were, who was there, what happened. Then where your body noticed it. Your jaw, chest, shoulders, stomach. Tight, heavy, buzzy, open, settled. You don't need to know why.

What I let be good enough today

Something you didn't finish, perfect, or do the "right" way, and let it stand anyway. The dishes half done. The email that was clear, not polished. Leaving on time. It counts. This is what rest as a posture looks like on an ordinary day.

One line I'm carrying

A word or a sentence to take into tomorrow. Leave it unexplained.

Every seven pages, or whenever you like

A look-back page appears after every seven days. Use it, save it for later, or skip it. Some weeks something stands out; some weeks nothing does. Patterns can take months to show. You can also tap *Look back anytime* at the bottom of any page.

If you miss a day

Or a week. There's nothing to catch up on. Open the next blank page and start there.

Come back to this page whenever a prompt feels unclear.

Wherever you're picking up, start here.

Any one of these is enough.

Day / date: _____

My battery right now



Full ○



Steady ○



Low ○



Running on empty ○



Wired charged, not rested ○

Choose one. No level is better or worse.

A moment that gave something back

Where I was, what was happening:

Where I felt it in my body:

A moment that took something from me

Where I was, what was happening:

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You don't need to know why.

What I let be good enough today

One line I'm carrying *Don't explain it.*

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You don't have to make sense of it today.

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There's no right answer on this page.

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Turn back through all of it.

Start anywhere. Read what you wrote as if a friend wrote it. Notice what's still here, and what has quietly changed. There's no summary to write.

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Thank you for noticing. Wherever you are now is a fine place to begin again.

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