

Seeing → Selecting → Moving

SECTION 1 Capture

Capture what is present. Do not interpret. Do not organize.

Images or visual impressions:

Words, phrases or thoughts:

Sensations or emotions:

Dreams or lingering impressions (if later):

SECTION 2 What stands out?

Do not analyze. Let one thing naturally stand out.

What feels the most clear, stable or persistent?

SECTION 3 Selection

Not everything requires action. What actually matters?
If this is pointing somewhere, what is it pointing toward?

SECTION 4 One Clear Action

Keep this simple and specific. No planning. No overthinking.
What is one clean next step?

SECTION 5 Timing

Choose a clear timeframe.

Today 24 hours 48 hours

SECTION 6 Commitment

I will:

SECTION 7 Reflection (Optional)

What changed after you acted?