



A WEEK IN MY LIFE

NOT A PLAN. JUST A WAY OF NOTICING.

Think about an ordinary week as it really is.

What fills your time, receives your attention and quietly shapes your days?

01

WHAT FILLS MY TIME

*Work, home, errands,
appointments, responsibilities...*



02

WHO RECEIVES MY TIME

*Family, friends, colleagues,
caring, community...*



03

WHAT I MAKE TIME FOR

*The things I deliberately
choose and protect.*



04

WHAT GETS SQUEEZED OUT

*Things I mean to do, miss doing
or rarely reach.*



05

WHAT I CHOOSE

*Things that are here because
I genuinely want them to be.*



06

WHAT NEEDS TO BE DONE

*The necessary parts of
ordinary life.*



LOOKING AT THE LIFE I'M ACTUALLY LIVING...

What surprises me?

What would I like to protect?

What might I like to make
a little more room for?



THE LIFE I'M LIVING COLLECTION • 02



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