



A 90-Day Companion

*One small lesson a day.
One small practice.
One slow return to yourself.*

— a journal —

*For every dog who has been quietly
teaching their human how to live.*

And for the human who is finally ready to listen.

How to Use This Journal

This is not a system. There's no app. No accountability buzzer. No streak to lose. Just ninety days, one page at a time.

Each day, you'll find one short lesson — something dogs already know about being alive — and one tiny practice. The practice should take under five minutes. If it takes longer, you're overcomplicating it.

There's space at the bottom of every page to write what you noticed, what you're grateful for, and a single word for tomorrow. That's it. That's the whole architecture.

Some days you'll skip. That's fine. Some days you'll write a paragraph. That's fine too. Your dog has never once asked you to be consistent. He's only ever asked you to come back.

This journal belongs to

And to the dog who taught them how

Beginning on

ACT I — COME HOME TO YOURSELF

Days 1 - 30

Presence. Joy. Authenticity.

WEEK 01

Wake Up Like a Dog

"Be where your paws are."

Wake up like the world owes you nothing.

Your dog opens his eyes ready. No replay of yesterday. No dread of the day. Just stretching, sighing, alive. We've forgotten that the first thought of the day sets the whole day.

THE TINY PRACTICE

Before your phone, take three breaths and say one true thing: I'm here.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Stretch before you start.

Every dog wakes up and does the same thing first — a long, full-body stretch. They prepare for the day with their body, not their inbox. The body remembers what to do.

THE TINY PRACTICE

Tomorrow, stretch for sixty seconds before you reach for anything else.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Greet the day before you check your phone.

Your dog walks to the window and looks at the yard like it's brand new. You scroll headlines before your feet hit the floor. One of these starts the day better.

THE TINY PRACTICE

Phone stays face down for the first thirty minutes. See what fills the space.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Drink your coffee like it's the only thing happening.

Dogs don't multitask their meals. They drop into them. Your morning cup can be a small ceremony or a forgettable transaction — your choice.

THE TINY PRACTICE

Take five sips with no screen, no input. Just the cup.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Step outside for sixty seconds.

Your dog can't wait to get out the door. He knows what we forget — that the day starts when your feet touch the ground outside, not when you log on.

THE TINY PRACTICE

Step out the door for one minute today. Whatever the weather.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Notice the light.

Dogs sit in sunbeams without explaining why. They've decided that warmth is worth stopping for. We rush past windows.

THE TINY PRACTICE

Find the best light in your house today. Sit in it for two minutes.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Begin.

Most days don't need a grand plan. They need a start. Your dog never sits at the door of a walk and overthinks it. He just goes.

THE TINY PRACTICE

Pick the one thing that matters today. Start it before 10am.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 1

What did your dog teach you this week?

"Sniff the moment."

Begin again.

WEEK 02

Sniff the Moment

"Sniff the moment."

Be where your paws are.

Your dog sniffs the same fence post like he's discovering it. Meanwhile we walk past sunsets we've already mentally moved past. Presence is the cheapest gift we never give ourselves.

THE TINY PRACTICE

Pick one ordinary moment today. Do only that. Notice it ending.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Sniff the moment.

There is more in any given minute than you're letting in.
Smell. Sound. Light. Texture. Your dog's nose is a
360-degree antenna; yours has been muted.

THE TINY PRACTICE

On your next walk, name three smells. Out loud or in your head. Just notice.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Slow down on purpose.

Your dog stops because something interesting is happening. We've made stopping suspicious — as if pausing means falling behind. He knows better.

THE TINY PRACTICE

Walk somewhere today at half your usual speed. Notice what you usually blur past.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Notice three things you've never noticed.

Your dog finds something new on the same route every day. Familiarity isn't the same as knowing. We stop looking long before we stop walking past.

THE TINY PRACTICE

On a route you've walked a hundred times, find three things that were always there.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Stop multitasking your life.

Dogs don't eat while emailing. They don't walk while doomscrolling. They don't hug while half-watching TV. Whole attention is whole love.

THE TINY PRACTICE

Pick one thing you usually do distracted. Do it whole today.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

One thing at a time.

Your dog has one job in any given moment — and he does it completely. We carry forty open browser tabs in our chest at all times.

THE TINY PRACTICE

Close ten mental tabs today. Pick the one that matters. Stay there.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

The pace of attention.

Attention has a speed limit. Past a certain pace, you stop seeing anything at all. Your dog has known this his whole life.

THE TINY PRACTICE

Today, do nothing for five minutes. Set a timer. Just sit. Notice what arrives.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 2

What did your dog teach you this week?

*"Be the human your dog
already is."*

Begin again.

WEEK 03

Be the Dog You Are

*"Be the human your dog
already is."*

Be the dog you are.

Your dog has never once tried to be a different breed. He doesn't audition. He doesn't apologize. He is exactly what he is, fully, all the time. The world has enough copies.

THE TINY PRACTICE

Name one thing about you that you've been dimming.

Today, let it back on.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Stop apologizing for taking up space.

Your dog claims the couch like he paid for it. He doesn't ask permission to exist. We've been taught to shrink in rooms that were always ours.

THE TINY PRACTICE

Notice once today when you make yourself small. Don't, that one time.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Trust your nose.

Dogs trust their instincts before they trust anyone else's opinion. We've been taught to override ours. The body knows. The gut knows. Listen back.

THE TINY PRACTICE

Notice one moment today when something felt off. Honor it instead of dismissing it.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

The world has enough copies.

There are people pretending to be other people pretending to be other people. Your dog is none of that. He is the original. So are you, when you remember.

THE TINY PRACTICE

Wear or do one thing today that feels like the truest version of you.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Roll in what you love.

Dogs roll in things with full-body abandon. We've gotten cool about our enthusiasms. Cool is just a polite word for muted.

THE TINY PRACTICE

Talk about something you love today, out loud, without dimming it down for comfort.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Bark in your own voice.

Every dog has a bark only that dog has. Your voice does too. It hasn't been useful to anyone that you sound like everyone else.

THE TINY PRACTICE

Say one thing today the way you actually want to say it, not the polished version.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Be yourself, loudly.

Quiet isn't the same as honest. Sometimes the kindest thing you can do for someone is let them see the unedited you. It gives them permission to do the same.

THE TINY PRACTICE

Tell one true thing today – to someone who's earned it – without softening it first.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 3

What did your dog teach you this week?

*"Today is a tail-wag kind of
day."*

Begin again.

WEEK 04

Joy Is a Choice

"Today is a tail-wag kind of day."

Play is not optional.

Watch a dog with a stick. He has turned the simplest thing into a religion. Joy isn't a reward you earn at the end of the to-do list. It's how the to-do list gets survived.

THE TINY PRACTICE

Do one playful thing today. Not productive. Not useful. Just play.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Recess for adults.

We took recess away from ourselves and called it growing up. Your dog never agreed to that. He keeps demanding play, and he's right to.

THE TINY PRACTICE

Block twenty minutes today for something with no point at all.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

The tail-wag test.

Your dog wags about the smallest things — a leaf, a smell, a familiar voice. Joy is available in increments most adults dismiss as too small to count.

THE TINY PRACTICE

Find three tail-wag moments today. The small ones count most.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Make a small thing into a religion.

Your dog has rituals — the walk, the bowl, the spot on the couch. He turns ordinary things into anchors. Sacredness is mostly attention.

THE TINY PRACTICE

Pick one small daily thing and start treating it like it matters. Because it does.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Run for no reason.

Dogs sprint sometimes for nothing — just because they're alive and there's a hallway. We've made every movement transactional. Calories. Steps. Goals.

THE TINY PRACTICE

*Move today the way no app will measure. Five minutes.
Pure joy.*

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Find your stick.

Your dog has one thing that ridiculously delights him. Maybe a sock. Maybe a tennis ball. What's yours? When did you last let yourself want something simply because it brought you joy?

THE TINY PRACTICE

Name your version of the tennis ball. Spend ten minutes with it today.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Joy in the ordinary.

Most of life is ordinary. If joy only lives in the extraordinary, you'll be unhappy for most of it. Your dog has never thought ordinary was a problem.

THE TINY PRACTICE

Find joy in one ordinary thing today – a sip, a stretch, a breath, a hello.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 4

What did your dog teach you this week?

*"Run toward the people you
love."*

Begin again.

ACT II — LOVE LIKE A DOG

Days 31 - 60

Connection. Forgiveness. Loyalty.

WEEK 05

Greet Like You Mean It

*"Run toward the people you
love."*

Come home to yourself.

These first thirty days weren't about becoming someone new. They were about returning to who you were before the world told you to be quieter, more polished, more useful. Your dog has been waiting for you.

THE TINY PRACTICE

Sit with your dog today (or your dog's memory) for ten quiet minutes. Just be.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

The first thirty days.

You're a third of the way through. Notice what's shifted. Not the big things — the small ones. The pause before you speak. The breath you used to skip. The moment you stayed instead of rushing.

THE TINY PRACTICE

Write down one shift from this month. One. Keep it short.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Greet like you mean it.

Your dog acts like every reunion is the best moment of his life — even when it's been ten minutes. We've made greetings polite, efficient, half-hearted. He's right to be appalled.

THE TINY PRACTICE

Greet one person today like they just came home from a year away. Watch it land.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Run toward the people you love.

Watch a dog spot his person across a park. He doesn't walk. He sprints. Pure delight, no filter. We've gotten so cool. Be uncool. Be glad to see people.

THE TINY PRACTICE

Move toward someone you love today with more energy than feels reasonable.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Loud love.

Subtle love is fine. But loud love changes rooms. Your dog has never been embarrassed about how much he loves you. Why are we?

THE TINY PRACTICE

Tell one person today that you love them — clearly, not in code.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Hug like a dog.

When dogs lean into us, they don't hold back. There's no half-hug in the animal world. There's just contact, or nothing.

THE TINY PRACTICE

Give one full, unhurried hug today. Don't be the first to let go.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Look up when someone enters the room.

Your dog's whole head turns. His ears lift. He acknowledges arrival. We've taught ourselves to keep typing. Presence starts with noticing.

THE TINY PRACTICE

Today, look up every time someone walks into the room. Just look up.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 5

What did your dog teach you this week?

"Drop the leash."

Begin again.

WEEK 06

Drop the Leash

"Drop the leash."

Be glad to see people.

Not all of them. Just the ones who deserve gladness. But for those — let your face show it. Your dog wears his joy on his face. So can you.

THE TINY PRACTICE

Smile first today, three times. Just because someone showed up.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Welcome them like it's been a year.

Your dog greets you after a fifteen-minute errand like he was certain you'd died. The over-investment is the love. The 'too much' is the point.

THE TINY PRACTICE

Make someone feel like the day got better because they walked in.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Drop the leash.

Holding onto resentments doesn't punish them. It tethers you. Your dog has never carried a grudge between meals. He travels light.

THE TINY PRACTICE

Name one grudge you're still holding. Today, put it down.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Forgive faster.

You step on his paw, he licks your face thirty seconds later. He doesn't store wounds. He lives forward. Most of what we hold onto, we've already healed from — we're just rehearsing.

THE TINY PRACTICE

Forgive one person today, silently. They don't need to know.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Travel light.

Dogs don't pack baggage. They show up to every day with the same posture: open. We arrive at most days already loaded down.

THE TINY PRACTICE

Notice one thing you've been carrying that isn't yours.

Hand it back, mentally.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

The grudge is heavier than the truth.

Whatever happened, you already survived it. What you're carrying now is interest on the original debt. Your dog never paid interest.

THE TINY PRACTICE

Speak one truth today that you've been swallowing. Even if only to yourself.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Lick the wound. Move on.

Dogs tend to their hurts without making them their identity. They take care of it, they rest, they get back to the business of being alive.

THE TINY PRACTICE

Tend to one of your old wounds with the same matter-of-factness today.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 6

What did your dog teach you this week?

"Bark back when it matters."

Begin again.

WEEK 07

Bark Back

"Bark back when it matters."

Love without keeping score.

Your dog doesn't track what you forgot, what you missed, who hurt him last week. He loves because love is what he has to give. Imagine living that way.

THE TINY PRACTICE

*Do something kind today for someone who didn't earn it.
Especially yourself.*

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Yesterday is a foreign country.

You don't live there anymore. Your dog never even visited. The you of last year would barely recognize the you of today — let yesterday be that far.

THE TINY PRACTICE

Make one decision today as the person you are now, not the one you used to be.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Bark back when it matters.

Dogs aren't aggressive — they're honest. When something's wrong, they say so. When they need space, they take it. Boundaries aren't unkind. They're how loyal love stays alive.

THE TINY PRACTICE

Say no to one thing this week that drains you. You don't owe an explanation.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Boundaries are loyal.

A boundary isn't a wall. It's a fence — clear enough to be useful, low enough for love to step over. Your dog knows the difference.

THE TINY PRACTICE

Name a fence you need to build, then name who you're protecting on each side.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Say no to one thing.

You can't say yes to your real life until you've said no to someone else's idea of it. Your dog knows what he doesn't want. He doesn't apologize for the knowing.

THE TINY PRACTICE

Say no today — kindly, clearly, without a paragraph of explanation.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Take up the whole couch.

Your dog spreads out without asking. He claims his comfort. We compress ourselves so others don't feel inconvenienced by our existence.

THE TINY PRACTICE

Take up the space you've been earning all along. Today, just stretch out.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Don't share what isn't yours to share.

Your dog doesn't repeat your worst stories. He keeps your secrets effortlessly. Loyalty is what you don't say almost as much as what you do.

THE TINY PRACTICE

Hold a confidence today that you've been tempted to share.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 7

What did your dog teach you this week?

"Show up for your pack."

Begin again.

WEEK 08

Show Up for Your Pack

"Show up for your pack."

Growl is information.

A dog's growl is a gift — early warning, honest communication. Ours got pathologized into 'angry' or 'difficult.' Sometimes the growl is just truth, on time.

THE TINY PRACTICE

Notice one moment today when something inside you growls. Don't override it.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Honest, not aggressive.

The difference between honesty and aggression is intent and respect. Your dog has never been mean a day in his life. He's just been clear.

THE TINY PRACTICE

Be clear about one thing today that you've been hinting around.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Show up for your pack.

A dog will sit at your feet through your worst day and ask for nothing. He shows up. That's the whole job. Most people don't need your advice — they need your presence.

THE TINY PRACTICE

*Text one person in your pack today. Not to fix anything.
Just to say: I'm here.*

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Don't leave the room.

The hardest year of someone's life, the most loving thing you can do is refuse to leave the room. Your dog has known this since puppyhood.

THE TINY PRACTICE

*Don't leave the room today, even when it's uncomfortable.
Just stay.*

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Sit at their feet.

There's a kind of love that doesn't require words — body to body, breath to breath. Your dog has been teaching this lesson without making a single sound.

THE TINY PRACTICE

Be physically near someone you love today without filling the space with talk.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Be the person who stays.

There are a thousand people in the world who will leave the second it gets hard. Be the one who doesn't. Be the kind of human your dog already is.

THE TINY PRACTICE

Choose to stay through one uncomfortable moment today. Just one.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Loyal to a few, fully.

Dogs don't try to be everyone's best friend. They pick a pack, and they love it with their whole chest. Spread thin is not the same as showing up.

THE TINY PRACTICE

Pick three people. Pour into them this week. Let the rest be acquaintances.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 8

What did your dog teach you this week?

*"Brave is just present, plus
love."*

Begin again.

ACT III — LIVE IT OUT LOUD

Days 31 - 60

Connection. Forgiveness. Loyalty.

WEEK 09

Run Toward What You Love

*"Brave is just present, plus
love."*

Pick your people. Pour in.

You don't owe everyone the same depth of you. Your dog certainly doesn't. He saves the deepest love for the smallest circle.

THE TINY PRACTICE

Reach out to one person in your inner circle today. Make them feel central.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Love is presence.

Not perfection. Not eloquence. Not the right gift. Just being there, again and again, even when it's boring or hard. Your dog has been modeling this all along.

THE TINY PRACTICE

Be present today with one person who needs you. Phone face down. Eyes up.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Love like a dog.

Sixty days in. The second act is closing. You've practiced loving without conditions, forgiving without speeches, showing up without scorekeeping. The hard part isn't learning — it's letting it stay.

THE TINY PRACTICE

Send a note today to someone you love. No reason. Just because.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Halfway home.

You're closer to the version of yourself you've been trying to come back to. Don't rush the second half. Your dog doesn't rush the second half of a walk — he savors it.

THE TINY PRACTICE

Walk for ten minutes today with no destination. Just because you're alive to.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Run toward what you love.

Your dog doesn't hesitate at the door. He doesn't make a pros-and-cons list about the park. He goes. Wholeness is sometimes just deciding faster.

THE TINY PRACTICE

Move toward something you love today before you talk yourself out of it.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Don't hesitate at the door.

The threshold is where most courage dies. Your dog crosses it like there's no question. There usually isn't — only the hesitation we manufacture.

THE TINY PRACTICE

Cross one threshold today you've been hovering at. Just open the door.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Open hands, open chest.

A dog approaches the world body-first, undefended. We've taught ourselves to lead with our armor. Open isn't naive. Open is brave.

THE TINY PRACTICE

Walk into one room today with your chest open. Notice how it changes the room.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 9

What did your dog teach you this week?

"Naps are sacred."

Begin again.

WEEK 10

Naps Are Sacred

"Naps are sacred."

Fear isn't the boss.

Your dog feels fear. He just doesn't let it write the whole script. Bravery isn't the absence of fear — it's deciding fear doesn't get the last word.

THE TINY PRACTICE

Do one small scary thing today. Send the message. Make the call. Say the thing.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Try the thing.

Your dog has never wished he'd tried something. He just tries it. We carry the weight of all our unattempted lives. Set some of it down.

THE TINY PRACTICE

Try one tiny thing today you've been telling yourself you can't.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Brave is just present, plus love.

Courage isn't a personality trait. It's what shows up when you stay present and choose love anyway. Your dog has been doing this on autopilot.

THE TINY PRACTICE

*Stay present today in one moment you usually flinch from.
Then choose love.*

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Live out loud.

There's a quiet, careful version of your life waiting in the wings if you keep editing yourself for safety. Your dog has never edited a single bark.

THE TINY PRACTICE

Take up volume today. Laugh louder. Speak clearer. Be more visible.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Naps are sacred.

Your dog naps with full commitment. No guilt. No 'I should be doing something.' He understands what we've forgotten: rest is part of the work, not the opposite of it.

THE TINY PRACTICE

Take a real nap this week. Or just sit in the sun for ten minutes doing nothing.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Rest is part of the work.

You don't earn rest by being productive. You become productive by being rested. Your dog has had this figured out forever.

THE TINY PRACTICE

Rest today before you feel you've earned it. Notice it's still possible.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Lie in the sun.

Dogs find the warmest patch on the floor and surrender to it. They don't apologize. They don't multitask. They just receive the warmth.

THE TINY PRACTICE

Find your sunbeam today, literal or otherwise. Lie in it for ten minutes.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 10

What did your dog teach you this week?

"Loyal to the bone."

Begin again.

WEEK 11

Loyal to the Bone

"Loyal to the bone."

The body knows.

Your dog never overrides his body's signals. He sleeps when he's tired, eats when he's hungry, plays when he has energy. He doesn't ask permission from a calendar.

THE TINY PRACTICE

Listen to your body once today. Do what it actually needs, not what's scheduled.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Permission slip.

If you need someone to give you permission to rest, here it is. Take the nap. Skip the thing. Cancel the call. Your dog would.

THE TINY PRACTICE

Cancel or skip one thing today that isn't serving you.

Replace it with rest.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Slow Saturdays.

Your dog has never had a frantic Saturday. He doesn't optimize his weekends. He just stretches them out and lies in them.

THE TINY PRACTICE

Plan one slow Saturday this month. Then don't fill it.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

The sacred nap.

Some naps are doctrinal. They restore something a thousand productivity hacks couldn't. Your dog is a theologian of the nap.

THE TINY PRACTICE

Take a sacred nap this week. No alarm. No guilt. Just sleep.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Loyal to the bone.

Your dog's loyalty isn't a feeling — it's a posture. It shows up the same on the good days and the bad ones. Loyalty is what you do, repeated.

THE TINY PRACTICE

*Show up today for someone who has shown up for you.
Make it visible.*

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Show up consistently.

Greatness is mostly just consistency in something small. Your dog has been quietly modeling this with morning walks for years.

THE TINY PRACTICE

Do one tiny thing today that you're committed to doing every day this month.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Keep your promises to yourself.

You'd never break a promise to your dog. But you break promises to yourself constantly. The two are the same kind of betrayal.

THE TINY PRACTICE

Make one small promise to yourself today. Keep it before you sleep.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 11

What did your dog teach you this week?

"Wag often. Live fully."

Begin again.

WEEK 12

Wag Every Day

"Wag often. Live fully."

Stay through the boring part.

Most love is boring. Most growth is boring. Most healing is boring. Your dog has never needed any of it to be dramatic.

THE TINY PRACTICE

Stay with something boring today that you usually abandon.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Daily is a discipline.

Your dog doesn't skip walks because he's not in the mood. The mood comes from the walking. Discipline is the door joy walks through.

THE TINY PRACTICE

Do the daily thing today even though you don't feel like it. Especially then.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Repetition is love.

The same walk. The same meal. The same spot on the couch. Repetition isn't boring — it's how presence accumulates. Your dog has known this his whole life.

THE TINY PRACTICE

Embrace one repetition today instead of resenting it.

Notice what's good about it.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Show your belly to the right people.

It takes a dog time to roll over and show his soft underside. He trusts who has earned it. So should you. Vulnerability isn't for everyone — it's for your pack.

THE TINY PRACTICE

Share one true thing with one trusted person this week. Not the highlight reel. The real.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Wag every day.

Some days you have to manufacture the wag. Some days it's free. Either way — your dog wags. Joy is a practice as much as it is a feeling.

THE TINY PRACTICE

Wag today, somehow. Smile when you don't have to. Find the small thing.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Love full-hearted.

Dogs don't half-love. Don't half-greet. Don't half-grieve.
Don't half-nap. Everything they do, they do all the way.
That's the whole secret.

THE TINY PRACTICE

Do one thing today completely. Without dilution. Without exit.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Don't half-greet.

If you're going to love them, love them out loud. If you're going to be there, be all the way there. Your dog has never offered a half-hearted hello.

THE TINY PRACTICE

Greet one person today with everything you've got. Watch them light up.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

END OF WEEK 12

What did your dog teach you this week?

"Wag often. Live fully."

Begin again.

WEEK 12

Wag Every Day

"Wag often. Live fully."

Eat like it's the best meal.

Dogs eat with their whole body. No phone. No half-attention. No critique of the bowl. There is gratitude in their chewing.

THE TINY PRACTICE

Eat one meal this week with no screens. Just food. Just you. Notice it.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Cry, then play.

Dogs are not afraid of any feeling. They feel it, they move through it, they get back to being alive. Grief and joy can share a Tuesday.

THE TINY PRACTICE

Don't perform a feeling today. Just feel the one that's actually there. Then move.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Live unedited.

Your dog doesn't run his life through a filter before posting. He just lives it. The unedited version is the only honest one.

THE TINY PRACTICE

Post one unedited thing today – to social media, to a friend, to yourself.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Take the long walk.

Your dog will walk for as long as you'll go. He understands what we forget: the walk is the point. Not the destination. The walk.

THE TINY PRACTICE

Take a longer walk today than you planned. Let it have no purpose.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Live like a dog today.

After ninety days, this isn't an aspiration anymore — it's available to you in the next moment, and the one after that. Your dog has been waiting for you to catch up. You did.

THE TINY PRACTICE

Live one full day today like the human your dog already believes you are.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Day 91 starts tomorrow.

You're not done. There's no done. There's just the next walk, the next greeting, the next stretch, the next breath. Your dog has never finished anything. He just keeps living.

THE TINY PRACTICE

Pick the lesson from these ninety days that meant the most. Start it again tomorrow.

WHAT I NOTICED TODAY

ONE THING I'M GRATEFUL FOR

A WORD FOR TOMORROW

Day 91 & Beyond

Tomorrow is Day 91. There's no done. There's just the next walk, the next greeting, the next stretch, the next breath. Your dog has never finished anything. He just keeps living.

Pick the lesson from these ninety days that meant the most. The one you keep coming back to. Write it on a card. Put it where you'll see it. Start there again tomorrow.

Or — start the journal over. Different season, different you, same dog beside you.

"Live more. Love harder. Wag often."

A Letter From the Founder

If you made it here, thank you. I mean that — thank you. Most things people start, they don't finish, and most things people finish, they finish on autopilot. You did something quieter and harder than that. You let a dog teach you how to live.

I started Live Like a Dog Today because I needed it. I had gotten very good at managing my life and very bad at living it, and my dog kept showing me, in a hundred small ways, what I'd traded away. I wrote this for him as much as I wrote it for you.

Come find the pack. Send me a note. Tell me your dog's name. I read everything.

Wag often,
Roy

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The 90 Lessons

01. Wake up like the world owes you nothing.
02. Stretch before you start.
03. Greet the day before you check your phone.
04. Drink your coffee like it's the only thing happening.
05. Step outside for sixty seconds.
06. Notice the light.
07. Begin.
08. Be where your paws are.
09. Sniff the moment.
10. Slow down on purpose.
11. Notice three things you've never noticed.
12. Stop multitasking your life.
13. One thing at a time.
14. The pace of attention.
15. Be the dog you are.
16. Stop apologizing for taking up space.
17. Trust your nose.
18. The world has enough copies.
19. Roll in what you love.
20. Bark in your own voice.
21. Be yourself, loudly.
22. Play is not optional.
23. Recess for adults.
24. The tail-wag test.
25. Make a small thing into a religion.
26. Run for no reason.
27. Find your stick.
28. Joy in the ordinary.
29. Come home to yourself.
30. The first thirty days.
31. Greet like you mean it.
32. Run toward the people you love.

33. Loud love.
34. Hug like a dog.
35. Look up when someone enters the room.
36. Be glad to see people.
37. Welcome them like it's been a year.
38. Drop the leash.
39. Forgive faster.
40. Travel light.
41. The grudge is heavier than the truth.
42. Lick the wound. Move on.
43. Love without keeping score.
44. Yesterday is a foreign country.
45. Bark back when it matters.
46. Boundaries are loyal.
47. Say no to one thing.
48. Take up the whole couch.
49. Don't share what isn't yours to share.
50. Growl is information.
51. Honest, not aggressive.
52. Show up for your pack.
53. Don't leave the room.
54. Sit at their feet.
55. Be the person who stays.
56. Loyal to a few, fully.
57. Pick your people. Pour in.
58. Love is presence.
59. Love like a dog.
60. Halfway home.
61. Run toward what you love.
62. Don't hesitate at the door.
63. Open hands, open chest.
64. Fear isn't the boss.
65. Try the thing.
66. Brave is just present, plus love.
67. Live out loud.

68. Naps are sacred.
69. Rest is part of the work.
70. Lie in the sun.
71. The body knows.
72. Permission slip.
73. Slow Saturdays.
74. The sacred nap.
75. Loyal to the bone.
76. Show up consistently.
77. Keep your promises to yourself.
78. Stay through the boring part.
79. Daily is a discipline.
80. Repetition is love.
81. Show your belly to the right people.
82. Wag every day.
83. Love full-hearted.
84. Don't half-greet.
85. Eat like it's the best meal.
86. Cry, then play.
87. Live unedited.
88. Take the long walk.
89. Live like a dog today.
90. Day 91 starts tomorrow.

Be here for your life.

Live more. Love harder. Wag often.

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