THE MONK (QUIET MONK) - 3-DAY STILLNESS STARTER

BookAI Studio Sanctuary | https://quietmonk.bookaistudio.com

Calm, focus and discipline - one quiet practice at a time.

DAY 1: THE 3-BREATH ANCHOR BEFORE YOU REACT

Teaching: The Desert Fathers compared an anxious mind to a shaken jar of water. When the jar sits still, the sediment settles on its own.

Daily Action: Before opening your phone or answering a stressful message today, take 3 slow belly breaths (inhale 4 seconds, exhale 6 seconds).

Journal Prompt: What single burden is creating the most noise in my mind today?

DAY 2: SINGLE-TASKING (PROTECTING UNDIVIDED ATTENTION)

Teaching: Brother Lawrence practiced peace by doing one ordinary task at a time without rushing to the next.

Daily Action: Choose one 25-minute block today. Close every extra tab and silence notifications. Give your hands and mind to one task only.

Journal Prompt: Where did my attention leak today, and how did single-tasking feel?

DAY 3: NAME IT TO TAME IT & EVENING STILLNESS

Teaching: Putting an emotion into plain, honest words reduces its grip over us.

Daily Action: Thirty minutes before bed, set your phone outside arm’s reach. Name the strongest feeling from today in one plain word, then release it.

Journal Prompt: What one word names my heart tonight, and what am I grateful for?
