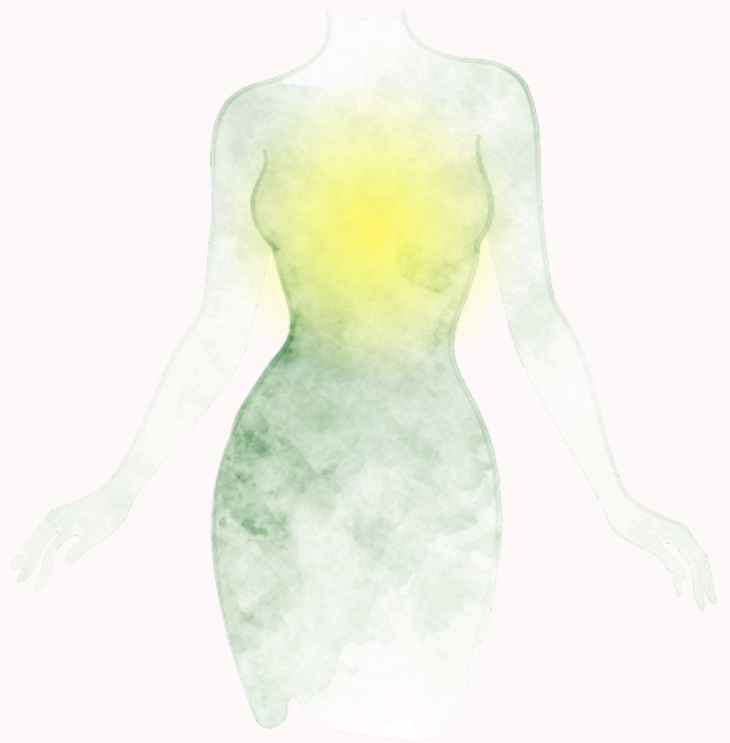


THE WEEKEND PROJECT

A Guided Journey

*Where overwhelmed humans
come back to life.*



Jess Dawson & Brittany Smith
THE PROJECT COLLECTIVE

Dear Friend, 

Welcome to The Weekend Project. This is your space — a quiet corner carved out just for you, where you can slow down, breathe, and remember what it feels like to be in your own body again.

We designed this journey for the overwhelmed, the overthinking, and the ones who have been running on empty for too long. There is no performance here. No grades. No right way to do this. Only an invitation to come back to yourself — gently, honestly, and at your own pace.

Over the next five days, you will notice, release, return, and integrate. Each day holds a simple practice — something you can do in 30 to 40 minutes. You do not need to be good at this. You only need to show up.

We are so glad you are here.

With warmth,

Jess & Brittany

The Project Collective



VIDEO COMPANION

Welcome Video

Watch before you begin your journey.

WATCH VIDEO

How This Works

Set aside approximately 30-40 minutes each day. The best time is the time you can actually protect.

Day 1 - Notice

Pause, listen, locate, name, breathe, and integrate.

Day 2 - Release

Tap, move, soften, and notice without forcing an outcome.

Day 3 - Return

Practice presence, visualization, identity, and self-trust.

Days 4-5 - Integrate

Anchor what helps and continue in a way that can last.

quiet space

water

pen

headphones if desired

your own pace

Your choice

Pause, skip, adapt, or return later.

Your pace

Keep eyes open, sit, move less, or skip breath holds.

Your truth

Use language you can honestly believe.

Your support

If distress is significant or lasting, stop and seek appropriate qualified or trusted support.

Scope

This journal is for education and self-reflection. It is not therapy, diagnosis, or medical treatment.

A choice or permission I want to remember

Notes / what I want to remember

Before You Begin + My Intention

How present do I feel right now? 1 = far away, 10 = fully here

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

How activated do I feel right now? 1 = settled, 10 = overwhelmed

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What is most present in my body, mind, or life?

What support might I need?

I am here because...

What I hope to receive...

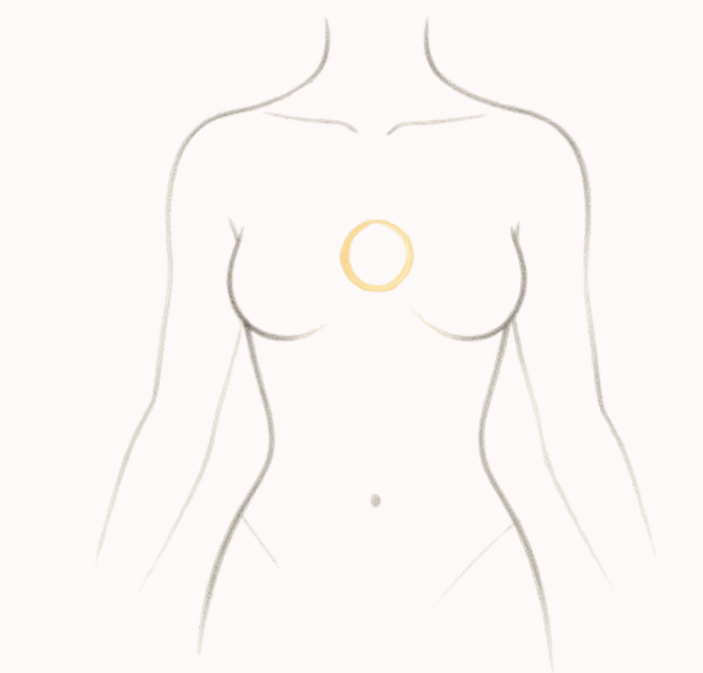
The way I want to meet myself is...

One boundary that could support this work

DAY 01

NOTICE

The body often notices before the mind has words.



Today, We Notice



VIDEO COMPANION

Day 1 - Notice

Watch as you complete Day 1.

WATCH VIDEO

Today is not about analyzing, fixing, or forcing. It is about pausing long enough to notice what is happening inside you right now.

Pause

Listen

Locate

Name

Breathe

Integrate

Goal

Become aware of what your body is experiencing with curiosity.

Time

Approximately 30-40 minutes, including the video and reflection.

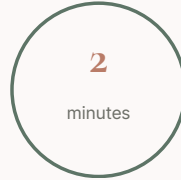
What am I bringing into Day 1?

No fixing.
No performing.
Just arrive.

Notes / what I want to remember

The Pause + When I Stopped

Put your feet flat on the floor if you can. Close your eyes or soften your gaze.
Set a timer for two minutes and do nothing but sit.



01 Let the surface beneath you hold your weight.

02 Allow your breath to be exactly as it is.

03 Notice sounds, sensations, impulses, and thoughts without following them.

04 When the timer ends, move slowly into reflection.

What did I notice when I paused?

What did my mind want to do instead?

What felt easy, uncomfortable, or surprising?

Notes / what I want to remember

The Language of the Body

Sensation can give you a starting point before you have a clear emotion or explanation.

You might notice something large, something tiny, or nothing at all. Numbness, blankness, and not knowing are experiences too. There is no right answer.

Stay descriptive

Try location, size, shape, color, temperature, texture, or movement.

Stay curious

A sensation does not have one universal meaning. Let it be information, not a verdict.

Stay gentle

You do not need to make a sensation stronger or search for a hidden memory.

Stay honest

If nothing is clear, write exactly that. Noticing uncertainty is still noticing.

Begin with: I notice...

Then add only what you can actually observe.

Right now, I notice...

Notes / what I want to remember

What Might You Notice?

Use these examples as invitations, not definitions. Your experience may feel different.

Tightness

A stretched rubber band, squeezing, or a shirt that feels too small.
Common places: jaw, neck, chest, stomach.

Heaviness

A backpack, rock, or weighted blanket.
Common places: chest, shoulders, belly.

Butterflies / Flutters

Tiny wings, popcorn, or a wiggly feeling.
Common places: stomach, chest.

Warmth

A warm mug, sunshine, or a heating pad.
Common places: cheeks, chest, hands.

Coolness

A cool breeze, ice water, or goosebumps.
Common places: arms, legs, hands.

Pressure

Pressing, a heavy coat, or a squeezed balloon.
Common places: chest, head, throat.

Stay with observable language.

A sensation can be useful information without having one fixed meaning.

Sensations or descriptions I want to remember

Notes / what I want to remember

What Might You Notice?

Something large, small, familiar, unfamiliar, or unclear can all belong here.

Tingling

Pins and needles, tiny bubbles, or fizz. Common places: hands, feet, face.

Buzzing

A vibrating phone, humming, or an engine. Common places: chest, stomach, arms.

Emptiness

A hollow space, quiet, or nothing at all.

Lump in the throat

Swallowing around something or trying not to cry.

Tears

Watery eyes or a wave of emotion. Tears can be one way the body expresses emotion.

Restlessness

Wanting to move, get up, check your phone, or fidget.

Numbness

Blankness, distance, or not knowing. You do not have to force feeling.

Something else

Your body may use language that is uniquely yours. Describe what you can.

A sensation I recognize in myself...

Notes / what I want to remember

Questions That Help You Notice

Weight

Heavy or light?

Temperature

Warm or cool?

Tension

Tight or loose?

Size

Big or small?

Movement

Still, moving, fast, or slow?

Quality

Sharp, dull, smooth, rough, or something else?

Image

Does it have a color or shape?

Association

Does it remind me of anything?

Worked example

I notice a heavy feeling in my chest. It feels about the size of a softball. It feels gray, like carrying a backpack. It seems tired.

location

size

shape

color

temperature

texture

movement

metaphor

Words, images, or comparisons that fit what I notice...

Listen & Locate

Take one slow breath, or simply notice one natural breath. Move through this practice without searching for anything dramatic.

- 01 Begin at the top of your head. Move your attention down slowly.
- 02 Notice your face, throat, shoulders, chest, belly, hands, hips, legs, and feet.
- 03 Notice tension, warmth, buzzing, numbness, ease, or no clear sensation.
- 04 Pause anywhere your attention naturally stays.
- 05 Choose one sensation to explore. You can stop at any time.
- 06 Look around the room and orient outward whenever that feels more supportive.

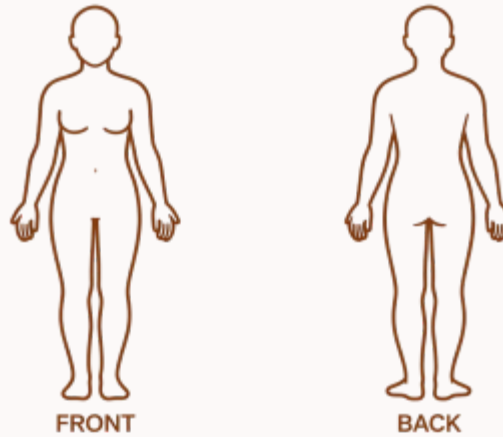
Eyes open is welcome.
Sitting, lying down, or shortening the scan are equally valid.

The sensation I want to explore...

Where I notice it...

Where Do I Feel It?

Mark, circle, shade, or label sensations. Use the front, back, or both.



Circle = concentrated

Shade = spread out

Arrow = moving

Words = your own legend

Body-map notes

Notes / what I want to remember

Describe the Sensation

Location

Size and shape

Color

Temperature

Texture

Still or moving

Sharp, dull, or something else

What it reminds me of

What might it need right now?

Describe before you explain.
There is no need to decide what the sensation means.

Notes / what I want to remember

Name It + What I Can Name

Your body can carry patterns of tension, protection, and response long after a moment has passed. We are not here to force an answer. We are here to acknowledge what is present.

If this sensation could speak, what might it say?

When do I tend to notice it?

What might it be responding to?

What does it seem to need?

What feels true when I listen without rushing?

What am I curious about without needing an answer?

I do not need to understand everything today.

Notes / what I want to remember

Breathe & Integrate

Breath is an option for offering the body a steady rhythm - not a way to make a feeling disappear.

- 01 If supportive, place a hand near the sensation. Hands can also rest anywhere comfortable.
- 02 Inhale gently for a count of 4.
- 03 Pause for a count of 2 only if comfortable. Otherwise move directly to the exhale.
- 04 Exhale slowly for a count of 6, or choose any longer exhale that feels easy.
- 05 Repeat for 6-8 rounds. Stop if you feel strained, dizzy, or more activated.

No breath hold required.
Natural breathing, humming, or simply feeling your feet are equally valid alternatives.

Activation before the practice 1 = settled, 10 = overwhelmed

1

2

3

4

5

6

7

8

9

10

Activation after the practice 1 = settled, 10 = overwhelmed

1

2

3

4

5

6

7

8

9

10

What did I notice?

What Happened Next?

What shifted, even slightly?

What stayed the same?

What do I want to say to the part of me carrying this?

Today I learned that my body...

One word for how I feel now

What I need tonight

Day 1 is complete. Nothing else is required.

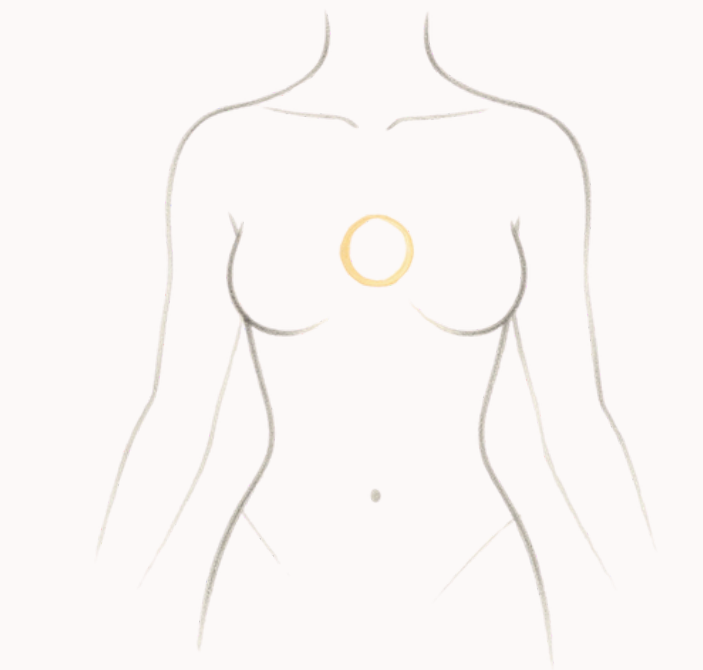
A valid outcome includes no clear shift.
Attention, choice, and honesty are enough for today.

Notes / what I want to remember

DAY 02

RELEASE

Work with what is here without demanding that it leave.



Arrive Where You Are



VIDEO COMPANION

Day 2 - Release

Watch as you complete Day 2.

WATCH VIDEO

How activated do I feel right now? 1 = settled, 10 = overwhelmed

1

2

3

4

5

6

7

8

9

10

What remained from Day 1?

Where is it in my body today?

What would help this practice feel more optional and supported?

Notes / what I want to remember

EFT Overview + Tapping Is Optional

EFT tapping is a grounding practice that helps you put a name to what you're feeling. Notice what happens without forcing an outcome. The more often you return to it, the easier your body learns the way back

Choose your language

Use words that feel neutral or believable.

Choose your contact

Tap lightly, touch the points, imagine tapping, or skip it.

Choose your pace

Keep eyes open, pause between points, or stop.

Choose your outcome

A shift, no shift, or mixed feelings are all valid.

Choose your distance

Name the sensation generally if specifics feel too close.

Choose your support

Orient to the room or ask someone trusted to be nearby.

A phrase you can believe

I can acknowledge this without fixing it.

Language that feels supportive to me...

Notes / what I want to remember

Tapping Points



Use 5-7 light taps at each point if desired. The labels are practical location guides, not medical claims.

1 Side of hand

2 Eyebrow

3 Side of eye

4 Under eye

5 Under nose

6 Chin

7 Collarbone

8 Under arm

9 Top of head

Touch is optional.
You can point, hover, imagine the sequence, or skip it.

Notes / what I want to remember

Build Your Statement

Option 1

Even though I notice ___ in my ___,
I can acknowledge it without fixing it.

Option 2

A part of me feels ___, and I am allowed to go slowly.

Option 3

This feeling is here right now. I can choose how closely I meet it.

Option 4

I do not fully understand this yet, and I can stay curious.

My setup statement

A gentler version, if I need it

Reminder phrases I

This feeling in my... / This thing I have
been carrying. / I do not have to fix it.

Reminder phrases II

I am allowed to notice this. / My body is
doing its best. / I can go at my pace.

Reminder phrases III

I can choose what happens next. / I am
giving this attention. / I can stop here.

The reminder phrase I want to use

Notes / what I want to remember

The Tapping Sequence

Repeat the setup statement at the side of the hand up to three times. Then move through the points using one short reminder phrase.

- 01 Side of hand: repeat the setup statement.
- 02 Move through top of head, eyebrow, side of eye, under eye, under nose, chin, collarbone, and under arm.
- 03 Use about 5-7 light taps per point, if desired.
- 04 Pause after one round. Continue for 2-3 rounds only if it feels supportive.
- 05 Feel your feet, look around, and notice what is true now.

Activation before tapping 1 = settled, 10 = overwhelmed

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Activation after tapping 1 = settled, 10 = overwhelmed

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What shifted?

What did not change?

What phrase supported me?

What phrase did not fit?

Somatic Movement Practice

This is movement with attention, not exercise and not a demand for release.

- 01 Stand with soft knees, or stay seated with both feet supported.
- 02 Rock a few inches forward and back, or make the movement almost invisible.
- 03 Let a sway, stretch, hand movement, or stillness emerge. There is no right way.
- 04 Bring attention near the area you have been noticing without intensifying it.
- 05 Try: I am allowed to take up space. I can move at my pace.
- 06 Continue for up to 5-8 minutes, or stop sooner. Feel the support beneath you.

Seated

Let the chair and floor support you.

Eyes open

Keep orienting to the room.

Smaller

Choose micro-movements or stillness.

Shorter

Stop before the suggested time.

Adapt freely.

No movement, no emotion, and no shift are valid outcomes.

My intention for this practice

What My Body Wanted

What did my body want to do?

What happened when I followed it?

What felt supportive?

What felt uncomfortable?

What is my body saying now?

What am I ready to loosen - not necessarily eliminate?

What am I not ready to release?

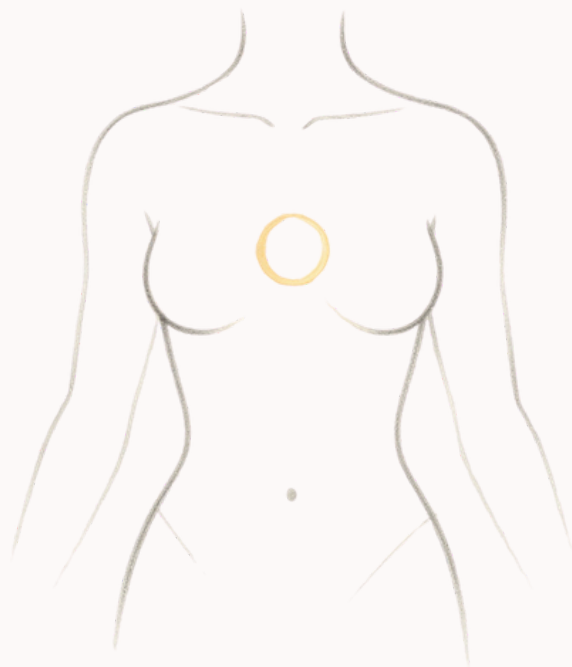
Readiness is not a test. Day 2 is complete.

Notes / what I want to remember

DAY 03

RETURN

Returning is a practice, not a finish line.



Return to This Moment



VIDEO COMPANION

Day 3 - Return

Watch as you complete Day 3.

WATCH VIDEO

Let the present be specific, physical, and truthful.

- 01 Sit or lie down comfortably. Feel the surface supporting you.
- 02 Take three slow breaths, or notice three natural breaths.
- 03 Name five physical sensations: temperature, contact, clothing, air, sound, or weight.
- 04 Rest a hand on your heart, chest, or anywhere comfortable only if supportive.
- 05 Choose: I am here. I can notice this moment. I can feel the surface supporting me.

How present do I feel now? 1 = far away, 10 = fully here

1

2

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What helps me feel more here?

The Visualization

Read slowly. Keep your eyes open or imagine only what feels comfortable.

1 - Find a place

Imagine a place that offers some sense of steadiness. It can be real, imagined, or simply the room around you. Notice the ground, the light, and the air.

2 - Let time soften

You are not rushing anywhere.
You have nowhere to be but here.

3 - Notice the version of you

Not a perfect or healed future self - simply the version of you with a little more access to breath, choice, and self-trust.

4 - Observe without performing

How do they stand, breathe, and move?
How do they take up space without making themselves smaller?

Pause here.

Look around, feel the surface beneath you, or stop the visualization whenever you choose.

A word, image, or quality that is beginning to appear...

Notes / what I want to remember

The Visualization - continued

5 - Listen

What does this version of you know about slowing down, asking for support, and choosing the next small step?

6 - Borrow one quality

Let it be a possibility, not a demand. Notice how it might feel in your posture, breath, or next choice.

7 - Return

Take one breath here. When you are ready, look around the room and return.

What did I notice?

How does this version of me breathe and move?

What do they know?

What feels possible to borrow today?

You remain in charge of the image.
Change the place, the distance, or the practice at any time.

Notes / what I want to remember

Remembering, Not Becoming

This is not about inventing a better self. It is about noticing qualities, choices, and forms of support that may already be available.

What qualities already exist in me?

What am I remembering rather than becoming?

How does this version of me occupy space?

What do I want to remember?

Identity word 1

A quality I can practice today.

Identity word 2

A quality I can practice today.

Identity word 3

A quality I can practice today.

Word + one small action

Word + one small action

Word + one small action

Notes / what I want to remember

The Letter

Write to the version of you you met - or simply to yourself as you are today.

What I learned

Name what became clearer, even if it is small.

What I am leaving behind

Choose only what feels ready to loosen.

What I want to remember

Keep the language believable and specific.

What I choose next

Offer one small promise, not a life overhaul.

Dear...

The first thing I want you to know is...

Your letter can be unfinished.
The next two pages are yours to use as you wish.

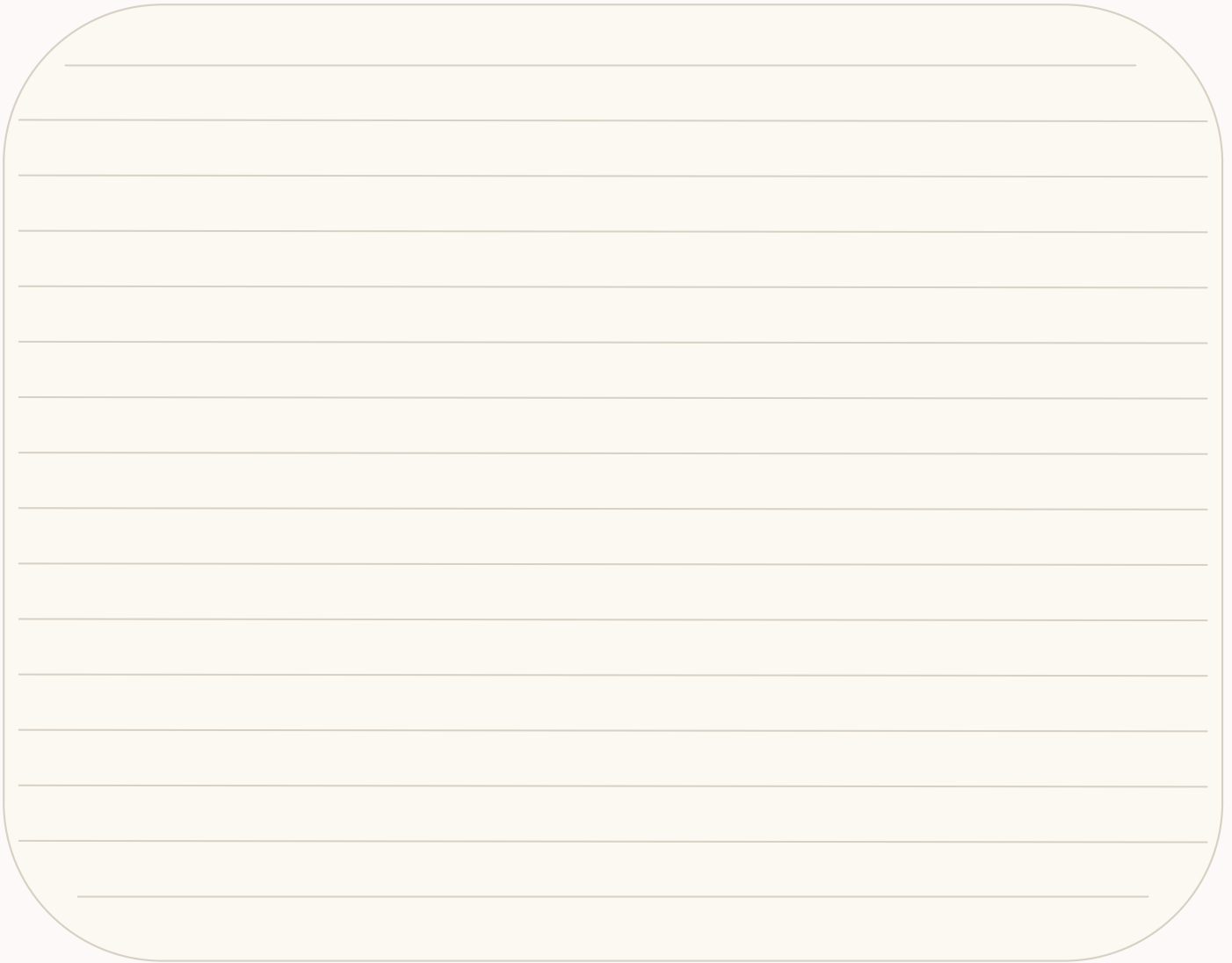
A Letter to Myself

Continue here...

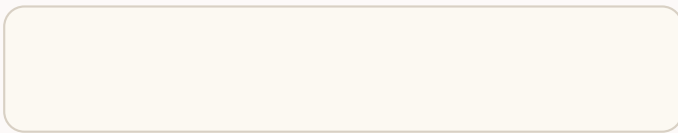
A large, rounded rectangular writing area with a light beige background and a thin brown border. It contains 20 horizontal lines for writing, starting from the top and ending near the bottom. The lines are evenly spaced and extend across the width of the box.

A Letter to Myself - continued

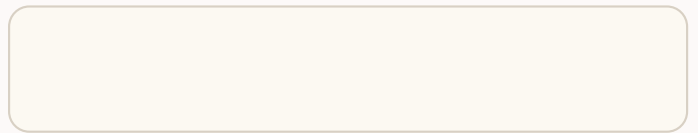
Continue here...

A large, rounded rectangular area with horizontal lines for writing a letter. The area is light yellow and contains 18 horizontal lines for text.

Signed

A rounded rectangular box for a signature, light yellow in color.

Date

A rounded rectangular box for a date, light yellow in color.

Optional

Seal this letter, photograph it, or choose a date to revisit it.

Three Days Complete

My key learning

What I am leaving behind

What I am carrying forward

What I need after this practice

One choice I want to protect

What integration might look like this week

Three days complete. Integration continues.

Next

The final two days focus on pausing before reaction and building a return plan that can last.

Notes / what I want to remember

ANCHOR



VIDEO COMPANION

Integration Day 1 - Anchor

Watch as you complete Anchor.

WATCH VIDEO

Today is about noticing the moment before reaction and practicing one small pause.

Goal

Pause, feel support, breathe if useful, and choose the next response.

Time

Approximately 30-40 minutes, including practice and evening reflection.

Notice

Pause

Support

Breathe

Choose

What feels different today?

What would make a pause more available?

The Moment Before

How steady or flexible do I feel this morning? 1 = little access, 10 = strong access

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

- 01 Notice stress, activation, or reactivity beginning to rise.
- 02 Pause before responding, if you can.
- 03 Rest a hand on your chest only if supportive.
- 04 Take three breaths, feel your feet, or orient to the room.
- 05 Choose the next response.

Did I catch a moment before reacting? What happened?

What helped me pause?

What made pausing harder?

What does a steadier, more flexible life look like for me?

CONTINUE



VIDEO COMPANION

Integration Day 2 - Continue

Watch as you complete Continue.

WATCH VIDEO

Today is about choosing support that is realistic enough to repeat.

Goal

Name what helped, what remains, and the next small practices you can sustain.

Time

Approximately 30-40 minutes, including reflection and planning.

Reflect

Choose

Plan

Support

Return

What do I want to carry into this final day?

What Comes Next

The biggest shift I noticed

A pattern I began to loosen

What I can set down

What my nervous system may need daily

What would that support look like in actual practice?

What is not changing yet - and how can I meet that honestly?

Continue without grading.
A small, repeatable change can matter more than an intense promise.

Notes / what I want to remember

My Return Plan

Three practices I can realistically repeat

My early signs of activation

What helps me return

People or resources that can support me

Daily support

Weekly support

When I forget, I will return by...

One promise small enough to keep

Keep it workable.
Your plan should support your life, not become another performance.

Notes / what I want to remember

Words to Return To

Circle only phrases that feel supportive. Edit anything that does not sound true in your voice.

Steadiness

My nervous system can learn greater steadiness and flexibility. / I am allowed to go slowly.

Presence

I am here. / I can notice this moment. / I return to myself again and again.

Identity

I am more than one pattern or response. / I can choose presence over performance.

Compassion

I have been doing the best I could with what I knew. / I am allowed to change without having been wrong before.

A phrase I can believe today

A phrase that helps me slow down

A phrase that reminds me I have choice

A phrase in my own voice

Closing Reflection

What did this experience help me see?

What am I proud of?

What do I want to remember one week from now?

This is not proof that you transformed. It is proof that you made room to notice.

You practiced returning without requiring yourself to arrive at a finish line.
Keep the promise small.
Let repetition be kinder than intensity.
Ask for support when support is what you need.

With love and respect for the work you chose to do,
Jess Dawson & Brittany Smith

The Daily Project
Continue at your pace.
[Get on the Wait List NOW](#)
theprojectcollective.co
Team@theprojectcollective.co

Notes / what I want to remember
