

Start Here

I'm so happy you're here.

Before you get started, let me quickly show you where everything is. You can read the whole guide in one PDF or open each part separately. The content is the same, so choose whatever feels easiest for you.

Starting for the first time?

Open **01 COMPLETE GUIDE**. Everything is together in one PDF, and I recommend reading it in order the first time. I'll guide you through it step by step.

Take your time. You don't have to get through it all at once. And whenever you'd like to revisit something, the bookmarks will help you find your way back.

Looking for something specific?

Open **02 GUIDE BY SECTION**. Here you'll find everything organized into separate PDFs by topic. So when there's a part you'd like to read again or a tool you'd like to use, you can go straight to it without scrolling through the whole guide.



You don't need to use both.

They're simply two ways to access the same guide. Start with whichever feels right for you, and you can always switch later.

You've got this.



A
Calmer
Brighter
Me



SMALL STEPS

BRIGHTER DAYS

YOU GOT THIS

