



Letter from a Calmer Self

A quiet journal for setting the day down, keeping what helped, and writing to yourself for later.

BEFORE YOU BEGIN

This is a quiet place to put things down. There is no order to follow and nothing to keep up with. Open it on any day, or none. Write a line, or a page, or nothing at all.

ONE Set the day down

TWO What helped

THREE Things worth keeping

FOUR A letter to later

FIVE Comfort list

It's private. No one reads it unless you hand it to them.

PRINTING

A5, double-sided. To make a booklet, print on A4 with your printer's *Booklet* setting, then fold the six sheets in half together. Or print single pages and keep them in a folder.

A paper companion to **Near**. In the app, Hold is the same kind of place: private, unhurried, yours.

Set the day down

A place to put the day, so you don't have to carry all of it to bed. Write it the way it comes. It doesn't need to make sense, and it doesn't need an ending.

IF YOU'D LIKE A WAY IN

What I want to remember about today

One thing today asked of me

What can wait here until morning

SET THE DAY DOWN

[illegible]

SET THE DAY DOWN

[illegible]

SET THE DAY DOWN

What helped

Not a list of fixes. Just the small things that made a little room: a walk, a voice, a window, something warm to hold. Noticing them makes them easier to find again.

IF YOU'D LIKE A WAY IN

What helped, even a little

Who made it easier, maybe without knowing

Something I could do again

WHAT HELPED

What helped, even a little

In more words, if a list isn't enough

THREE

Things worth keeping

Some things are too small to tell anyone and too good to lose. A line someone said, the way the light fell, a kindness on an ordinary afternoon. Keep them here.

IF YOU'D LIKE A WAY IN

Something someone said that I want to keep

A small good thing I noticed

A moment I'd like to find again

Something someone said

A small good thing I noticed

A moment to find again

Tuck or tape something here: a ticket, a leaf, a photo, a note

What it is, and why it's worth keeping

A letter to later

Write to yourself on another day: a heavier one, or a brighter one. Say what you know now that you might forget. A calmer self is still you, a little further along.

IF YOU'D LIKE A WAY IN

Something I'd tell myself tomorrow morning

What I want you to remember when it's heavy

What I hope you're still doing

OPEN THIS ON A DAY THAT FEELS

Dear me,

[illegible]

From a calmer me

OPEN THIS ON A DAY THAT FEELS

Dear me,

From a calmer me

Comfort list

Things within easy reach, for the days when choosing is hard.
Write them down while it's easy, so that later you only have to look.

IF YOU'D LIKE A WAY IN

Something to hold, something to hear

Somewhere to step outside to

Someone I could send a small line to

Something to hold

Something to hear

Somewhere to step out to

Someone I could send a small line to

Small things within easy reach

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

For anything



FOR LATER

You don't have to finish this. Some pages will stay empty, and that is part of it.

What's here is yours: a few days set down, some things that helped, a letter waiting for the right day. When you need it, it will be where you left it.



Letter from a Calmer Self

Paper Companions · a printable companion to Near, the quiet way for two people to stay reachable, with a private Hold for setting the day down.

Free, with an optional pay-what-you-want.
For personal use. Please do not resell.

companions.markdavidgan.com

Set in Instrument Serif, Spectral and Hanken Grotesk.
Cover art: First light.