



A JOYFUL UPRISING

The 6 a.m. test

The only unmanaged reading you get all day.

Tomorrow morning, in the first ten seconds after you wake - before the phone, before the list, before the calendar loads - a feeling will simply be there. Not one you chose. Not one you managed into place. The one that's already running when you arrive. That reading matters, because it's the only one of the day taken before the performance boots up. Everything after it is curated. This isn't. For seven mornings, we invite you to take the reading, write down one word, and change nothing else. You are not fixing anything this week. You are only seeing.

HOW TO TAKE YOUR READING

1. Wake, and wait.

Before reaching for anything, stay where you are for ten seconds. Eyes open or closed. No fixing your position, no planning. Just be.

2. Ask one question, gently.

What is the feeling that is simply here? Not what you hope is here, not what "should be" here. Whatever answers first - heaviness, quiet, bracing, ease, nothing-in-particular - that's the reading.

3. Write one word.

One word, on the log on the next page. No sentences, no analysis, no grade. Then go live your day exactly as you would have.

One rule for the week: no word is a wrong answer. "Flat" is data. "Dread" is data. "Nothing" is data. The test only fails if you edit the word.





SEVEN MORNINGS

The log

One word per morning. Written before coffee, judged never.

MORNING 1

DATE

MORNING 2

DATE

MORNING 3

DATE

MORNING 4

DATE

MORNING 5

DATE

MORNING 6

DATE

MORNING 7

DATE

AFTER SEVEN MORNINGS

- Read your seven words in a row, out loud, slowly, once. What do they sound like together?
- Is the reading the one you would have guessed a week ago - or did the log surprise you?
- If those seven words belonged to someone you love, what would you want for them?

***Whatever the words said - nothing is wrong with your words. Nothing is wrong with you.
You haven't lost your Joy. It may simply be buried. And anything buried can be raised.***

If you'd like company for the dig, sign up for the letters: **SUBSCRIBE** at [AJoyfulUpRising.com](https://www.AJoyfulUpRising.com)
The letters come slowly and carefully placed.