
A gift for new neighbours

The Seven Questions I Ask Myself Before the Day Gets Loud

*A neighbour's pocket guide to one clear thought, one small choice, and
one different direction.*

Welcome, Neighbour.

THE ESTATE · MYWORLD

Every street has a story.

HOW TO USE THIS ON A MORNING WALK

Ninety seconds.

1. Stand still at the edge of the day — doorway, bus stop, or bench.
2. Choose one question. Read it once out loud, once in silence.
3. Write three short lines. No performance. No fixing.
4. Pick the tiny Ripple action. Do only that.
5. Walk on. Leave the rest of the noise where it is.

One story. One thought. One different direction.

QUESTION 1 OF 7

What am I carrying that isn't mine to carry today?

ON THE STREET

The street hands us other people's storms. Name what isn't yours so your shoulders can drop a fraction.

JOURNAL (3 LINES)

List three weights. Circle the one that isn't yours. Write one sentence returning it.

THE RIPPLE

Put one borrowed worry down before you leave the house.

QUESTION 2 OF 7

Which story am I telling myself before anyone else speaks?

ON THE STREET

Most of the day is already half-written by a quiet voice. Catch it early.

JOURNAL (3 LINES)

Finish: “Before anyone speaks, I assume...” Then write the kinder revision.

THE RIPPLE

Say the kinder line once under your breath on the walk.

QUESTION 3 OF 7

Where did I rush past something that deserved a second look?

ON THE STREET

Beauty and people both hide in the places we treat as corridors.

JOURNAL (3 LINES)

Name one moment you nearly missed yesterday. What would a second look have cost?

THE RIPPLE

Pause for ten seconds at one ordinary doorway today.

QUESTION 4 OF 7

Who needs a smaller kindness than I think I'm able to give?

ON THE STREET

The Estate teaches that ripples start small — a nod, a text, a spare seat.

JOURNAL (3 LINES)

Write one name. Write the smallest possible kindness. Do not upgrade it.

THE RIPPLE

Send or give that small kindness before noon.

QUESTION 5 OF 7

What would “enough” look like before noon?

ON THE STREET

Enough is a streetlight, not a finish line. It keeps the afternoon from stealing the morning.

JOURNAL (3 LINES)

Describe “enough by 12” in one concrete picture — not a list of wins.

THE RIPPLE

Stop one task at enough, and leave the rest for later.

QUESTION 6 OF 7

If this feeling had a street name, what would it be called?

ON THE STREET

Naming turns fog into a place you can walk through.

JOURNAL (3 LINES)

Give today's strongest feeling a street name. What lives on that street?

THE RIPPLE

When the feeling returns, call it by its street name once.

QUESTION 7 OF 7

What one different direction would my future neighbour thank me for?

ON THE STREET

One story. One thought. One different direction. The future self is just a neighbour further down the road.

JOURNAL (3 LINES)

Write the thank-you note your future neighbour would leave on the bench.

THE RIPPLE

Take one step in that direction — five minutes is enough.

A WORKED EXAMPLE

A day in Samuel's shoes

Samuel sits the long way round. Question 3 finds him: where did I rush past something that deserved a second look? He names the light on the wet court he walks past every morning. Journal: "I treat the estate like a corridor." Ripple: he pauses ten seconds at the bench that now carries his name. Nothing dramatic. Just enough to notice beauty that was already there.

Maybe this story was yours too.

7-DAY RIPPLE TRACKER

Question → Thought → Direction

DAY 1 ☐ Q _____ Thought _____ Direction _____

DAY 2 ☐ Q _____ Thought _____ Direction _____

DAY 3 ☐ Q _____ Thought _____ Direction _____

DAY 4 ☐ Q _____ Thought _____ Direction _____

DAY 5 ☐ Q _____ Thought _____ Direction _____

DAY 6 ☐ Q _____ Thought _____ Direction _____

DAY 7 ☐ Q _____ Thought _____ Direction _____

Keep it small enough for the walk to work.

A QUIET NEXT STEP

Samuel's Bench

When you're ready, take about one minute with Episode 1 — an old man, a bench, and the beauty we pass.

theestate.world/stories/episode-1-the-estate-the-old-man-on-the-bench

Visitor memberships and books wait when you want them. Nothing here asks you to rush.

Welcome, Neighbour.

THE ESTATE · MYWORLD

Look Closer. Listen Longer. Judge Less Quickly.