

Noticing What Still Matters

Mood and motivation | Adults | 10 to 15 minutes

Recognize effort and identify a personally meaningful direction during low mood.

When mood is low, meaning can feel distant. You do not have to produce gratitude or find a positive lesson. Use these prompts to notice what you care about, what you are carrying, and what kind of support might help.

Begin with an honest description

Write about your day in ordinary language. Include effort that might be invisible to others, such as getting out of bed, asking for help, attending work, or choosing rest. A difficult day can contain care without feeling rewarding.

Let meaning remain small

Look for one relationship, interest, responsibility, or value you want to protect. You can care about it while feeling disconnected from it. End with a small action or a request for support, and stop writing if the exercise becomes another demand.

What has been difficult and what effort have I been making?

What still matters to me even if I do not feel connected to it?

What need or limit deserves more attention?

One small act of care or support I could allow this week