PRACTICE WORKBOOK

JOURNEY OF SELF

66 days of self-reflection

1 Notice

2 Care

3 Choose

4 Practice

Fabiano Mendes

THE ME METHOD

A workbook to write in, print, and explore alongside the website.

Welcome to your journey

This workbook offers one brief practice each day. Read, write, and try a possible action. Move at your own pace; if you miss a day, return without catching up.

HOW TO USE IT

1. Set aside five to ten minutes. 2. Read the daily question. 3. Write freely. 4. Try the small action. 5. Pause for a review every seven days.

YOUR COMMITMENT

My start date: ____ / ____ / _____. A good time for me: _____. One personal reason for beginning:

This educational workbook supports self-reflection. Its questions are not a diagnosis and cannot replace professional care when needed.

Explore the website

The ME Method website brings together messages, articles, book previews, and more ways to reflect. After a daily exercise, find a message related to its theme and note what it brings up for you.

A SIMPLE PATH

Scan the QR code, visit the site, search a word related to today's theme, and choose a message. Come back to the workbook to write a thought of your own.

ometodoeu.com.br

Try searching for values, emotions, family, choices, or purpose. Available articles may vary. The website may contain material in Portuguese.

The message I chose today:

Your 66-day map

01 · NOTICE · DAYS 1–14

Look with curiosity at the present and recurring patterns.

02 · CARE · DAYS 15–28

Name your feelings and care for everyday life with possible steps.

03 · CHOOSE · DAYS 29–42

Explore relationships, values, and the direction you want to take.

04 · PRACTICE · DAYS 43–66

Experiment, adapt, and keep going without perfectionism.

A review pause every seven days.

Some questions may feel difficult. Take breaks, respect your limits, and seek support from someone you trust or a professional when needed.

DAY 01 / NOTICE

My starting point

REFLECT

How are my body, relationships, work, and sense of purpose today, from zero to ten? What does this snapshot reveal?

MY NOTES

ONE POSSIBLE STEP

Choose one area to observe this week.

WHAT HAPPENED?

FREE GUIDE · EXAMPLE

How to use this guide

The previous five pages come from the original workbook. These next ten pages explain the experience and offer free examples. Hotmart delivers the full PDF after purchase.

FREE GUIDE · EXAMPLE

Choose your moment

Set aside a few minutes at a time that works for you. Write on a device or in your own notebook, or print the PDF after purchase.

FREE GUIDE · EXAMPLE

Notice the present

Example question: what took up most of my attention today? Write without looking for a perfect answer.

FREE GUIDE · EXAMPLE

Name a feeling

Example question: what emotion can I recognize now? If you cannot name it, describe a sensation or situation.

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Consider the context

Example question: what happened before this reaction? Separating events from interpretations can help reflection.

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FREE GUIDE · EXAMPLE

Find your values

Example question: what matters to me in this choice? Consider your real limits and needs too.

FREE GUIDE · EXAMPLE

Choose one step

Instead of changing everything, write down one small, concrete, possible action for tomorrow.

FREE GUIDE · EXAMPLE

Review gently

A weekly pause helps you notice change and what still needs attention. If you miss a day, simply return.

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Explore the website

The workbook QR code leads to O MÉTODO EU and related reflections. Books are optional and sold separately.

FREE GUIDE · EXAMPLE

Receive the workbook

The complete product includes four PDFs: Portuguese and English, each in color and black and white. Hotmart provides access after purchase. Check the final total before paying.