
A KHIT DIARY EDITION

A Quiet Return

*Small practices for coming
back to yourself*

Khit Diary





*You do not need to become
someone new. Sometimes the next
step is simply to return to the
person who has been waiting
underneath the noise.*

A QUIET RETURN

Begin gently.

This small book is an invitation to pause. It is not a test, a programme, or a demand to fix everything at once.

Move through one practice at a time. Stay with a page for as long as it feels useful. Skip what does not fit. Return whenever you need a quieter place to listen.

A useful pace is the one that leaves room for you.

01

Pause

Make a little room.

A pause does not have to be long to matter. Even one unhurried breath can interrupt the feeling that everything must happen at once.

Let your shoulders drop. Notice the surface beneath you. Allow the next moment to arrive before you decide what it means.

A QUESTION TO KEEP

What becomes easier to hear when I stop rushing for a moment?

02

Notice

Begin with what is true.

Noticing is different from judging. It asks only that you pay attention to what is already here: a thought, a feeling, a tension, or a need.

You do not have to agree with every thought. You can simply recognise its presence and choose how much authority to give it.

A QUESTION TO KEEP

What am I experiencing before I explain it away?

03

Name

Give the feeling a shape.

A feeling often softens when it is named with care. Try using simple language: sad, uncertain, relieved, angry, lonely, hopeful, tired.

If no word fits, describe the feeling as a colour, weight, weather pattern, or place in the body. Precision can come later.

A QUESTION TO KEEP

If this feeling could speak plainly, what would it ask me to know?

04

Choose

Take one honest next step.

The next step does not need to solve the whole story. It only needs to be small enough to take and honest enough to belong to you.

Choose an action that creates a little more steadiness: send one message, set one boundary, rest for twenty minutes, or write down one question.

A QUESTION TO KEEP

What is the smallest kind action I can take from here?

A page for today.

01

What is taking up the most space in me right now?

02

What do I need less of today?

03

What would make the next hour feel kinder?

One small act each day.

01 Pause before the first screen.

02 Name one feeling without correcting it.

03 Take a ten-minute walk without a destination.

04 Leave one non-urgent thing unfinished.

05 Ask for what would genuinely help.

06 Notice where your body softens.

07 Write down what you want to remember.

A QUIET RETURN

*Clarity does not always
arrive as an answer.
Sometimes it arrives as
enough room to hear the
next honest question.*

Khit Diary