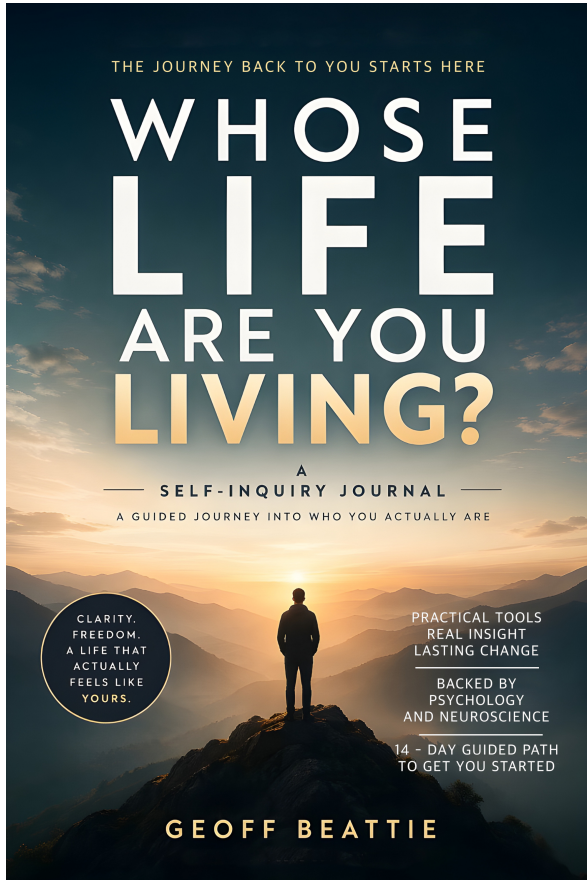


# THE TOOLS

## Your 14-Day Guided Path

*Free printable download*



Instant download available here  
[Whose Life Are You Living](#)

This PDF: **Your 14-Day Guided Path Template** is one of the a free printable companions of everything you've read in "[Whose Life Are You Living?](#)"

The tools and template in this PDF are designed to be either used alongside your notebook or journal or simply printed and used directly.

Each one takes what the chapters in the book made visible and gives it somewhere to land, in the texture of your actual days, over weeks and months.

There is no required order. Use what is useful. Return to what helps. Set aside what does not fit right now and come back to it later.

The tools will meet a different version of you each time.

*If you find this useful, please take a moment to reach out and let me know at [thisisnotatree.com](#)*

Thank you - Geoff

# Your 14-Day Guided Path

*A structured journey through the book*

You do not have to follow this path. But if you have ever started a book like this and quietly set it aside by day four, this is for you.

The 14-Day Guided Path gives everything in this book a gentle structure. Not a rigid programme, just a clear daily invitation so you always know what the next step is. Each day asks for roughly 15 to 20 minutes.

Each day has three elements: Focus (what to read or revisit), Write (the specific prompt to work with in your notebook), and Carry (one small thing to notice or practise between sessions). Read the Quickstart and write your answer to the opening question before Day 1.

## **WEEK ONE: 1-7 SEEING THE STORY**

The first week is about noticing. Not changing, not fixing, just beginning to see what is actually there.

## **WEEK TWO: 8-14 LIVING THE SEEING**

The second week moves from noticing to integrating, from seeing the patterns to beginning, gently and imperfectly, to live differently





























## **After the 14 Days**

The book does not end here. The chapters are designed to be returned to, they meet a different version of you each time. Come back in a month. Come back in six months. Bring the same willingness to be honest.

And if you are ready to go deeper,

[ThisIsNotaTree.com](http://ThisIsNotaTree.com) is waiting.

**Please feel free to share this document.**