

Daily Reminders

Section Three of your Aide-Mémoire, as a card. Print, cut along the line, and keep one in a pocket and one on a desk. Or photograph it for a phone lock screen.

DAILY REMINDERS	
Morning <i>A question that sets the intention.</i>	
During the day <i>A question that interrupts the pattern in progress.</i>	
Evening <i>A question that reviews without self-criticism.</i>	
Under pressure <i>The question that reaches you when the others will not.</i>	

You Are the Ceiling

DAILY REMINDERS	
Morning <i>A question that sets the intention.</i>	
During the day <i>A question that interrupts the pattern in progress.</i>	
Evening <i>A question that reviews without self-criticism.</i>	
Under pressure <i>The question that reaches you when the others will not.</i>	

You Are the Ceiling