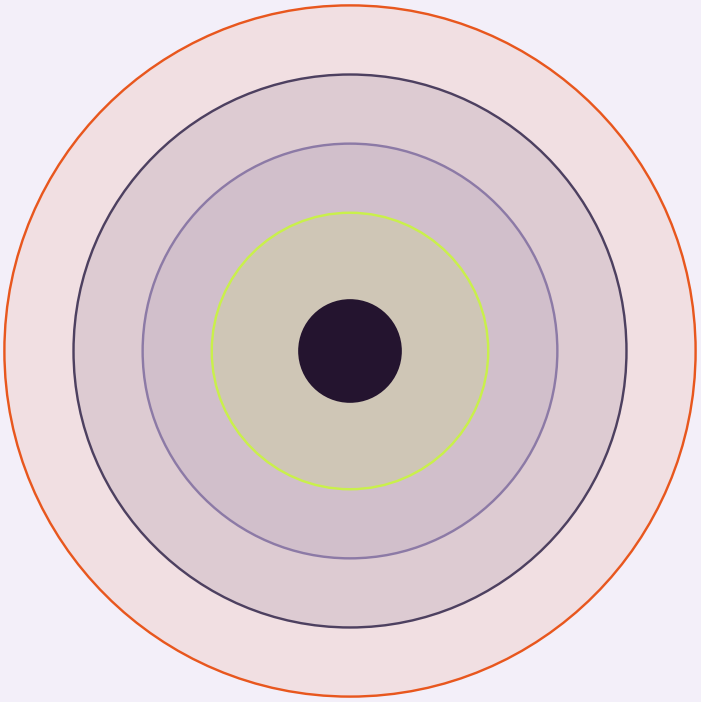


A Soft Place to Heal

A reading of the book by Sara Sheehan (2026)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 3

The takeaways 4

Your action book 6

Before you go 7

PART TWO · THE ACTION BOOK

The setup checklist 9

Read one piece, slowly, at the same time each day 10

Write three lines before sleep 11

Ask what you need, and answer it out loud 12

ABOUT THIS EDITION

This is HourLife's reading of A Soft Place to Heal, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Poetry from the writer known as Moonsoulchild, and the second book in the You Are Safe Here series, written for the stretch before blooming: somewhere soft to land while healing is still messy.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Before you can bloom you need somewhere soft to land. Somewhere safe to just be, with nothing asked of you.

HourLife's reading of the premise: rest and safety come before growth.

2 HOURLIFE TAKEAWAY

Healing is messy and chaotic and honest. It is not a tidy arc and it was never going to look like one.

HourLife's reading: recovery rarely follows a tidy arc, and the polished version leaves most of it out.

3 HOURLIFE TAKEAWAY

Blooming is something people can see. Healing is quiet, and it happens in the dark hours nobody witnesses.

HourLife's reading: growth is visible and gets the credit; the quiet work does not.

4 HOURLIFE TAKEAWAY

The in-between is not a waiting room. Breaking and rebuilding are the same stretch of road, walked twice.

HourLife's reading: the middle is a stretch of road, not a pause before real life resumes.

5 HOURLIFE TAKEAWAY

Some of what you did to survive was not a mistake. It was the only door that was open at the time.

HourLife's reading: self-forgiveness as an accurate account of the past rather than a favour to yourself.

6 HOURLIFE TAKEAWAY

You are allowed to rest without earning it. Rest is not the reward at the end of the healing.

HourLife's reading: rest is not something to be earned at the end of healing.

7 HOURLIFE TAKEAWAY

Free verse, not instruction. It sits with you rather than telling you what to do next.

HourLife's note: this is poetry, not a manual, so read it as company rather than instruction.

8 HOURLIFE TAKEAWAY

Writing the hard parts down honestly, where other people can read them, is a way of keeping company.

HourLife's note: Sheehan writes as Moonsoulchild; the honesty of the voice is much of what poetry like this offers.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Make the soft place literal
- [ ] Write down what you did to survive
- [ ] Name the three things you are still apologising for
- [ ] Decide what rest means for you specifically
- [ ] Pick the one person you can be unfinished around

KEEP UP DAILY

- ◯ Read one piece, slowly, at the same time each day
- ◯ Write three lines before sleep
- ◯ Ask what you need, and answer it out loud

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Make the soft place literal

One chair, one corner, one bench in one park.

Somewhere with nothing to do in it. A place you can go to that asks nothing is easier to use than a resolution to be gentle with yourself.

MY VERSION

DONE ON

☐ SETUP 2

Write down what you did to survive

The coping that embarrasses you now — the numbing, the leaving, the staying too long.

Write what it was protecting you from. That column is usually the missing half of the story.

MY VERSION

DONE ON

☐ SETUP 3

Name the three things you are still apologising for

Write them out, then write beside each what you actually knew at the time.

Self-forgiveness is mostly a correction of the record, not a kindness you have to talk yourself into.

MY VERSION

DONE ON

☐ SETUP 4

Decide what rest means for you specifically

Not the stock image of it.

Sleep, silence, water, a long drive, being around people without talking. Write your three. Rest you have not defined is rest you will keep postponing.

MY VERSION

DONE ON

☐ SETUP 5

Pick the one person you can be unfinished around

Somebody who does not need you to be further along than you are.

If there is nobody yet, that is the finding, and the first thing to build.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Read one piece, slowly, at the same time each day

Poetry works on repetition and quiet, not on volume.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Write three lines before sleep

Not a journal entry — three lines.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Ask what you need, and answer it out loud

Once a day.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

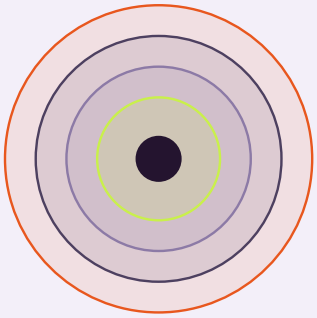
MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Not everyone is ready to bloom. Some of us are still learning how to rest, and that is not a delay in the healing — it is the healing.

HOURLIFE DISTILLATION