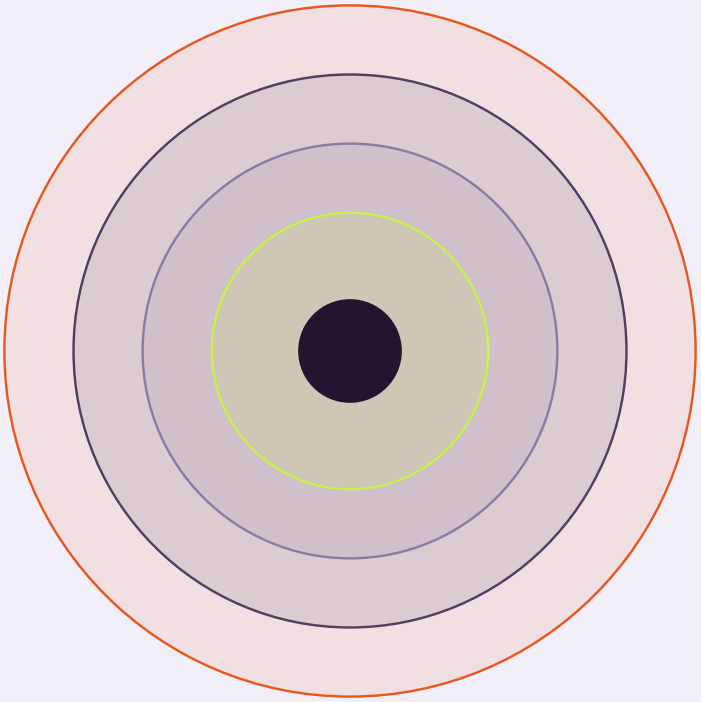


Always Remember

A reading of the book by Charlie Mackesy (2025)

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

Ask for one small thing this week 10

Stay without fixing 11

Take the ordinary good thing seriously 12

ABOUT THIS EDITION

This is HourLife's reading of Always Remember, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Charlie Mackesy's sequel to The Boy, the Mole, the Fox and the Horse — the four friends caught in a storm, told in short conversations, handwritten lines and ink drawings, about being frightened and being loved at the same time.

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

The storm is not a punishment and it is not a test. It is weather, and you are in it with other people.

Mackesy's storm carries no moral — the book spends its energy on who is beside you rather than on what the difficulty is supposed to teach.

2 HOURLIFE TAKEAWAY

Being loved is not a feeling you generate. It is a fact you are allowed to remember when you cannot feel anything.

The title is an instruction: on the days the reassurance does not land, remembering is what you do instead.

3 HOURLIFE TAKEAWAY

The bravest thing is still asking for help — and it stays the bravest thing every single time.

Mackesy returns to the line his first book is known for and refuses to graduate anyone past it.

4 HOURLIFE TAKEAWAY

You do not have to be useful in the storm. You only have to stay.

None of the four fixes anything for the others; the entire consolation of the book is proximity.

5 HOURLIFE TAKEAWAY

Small comforts are not a distraction from grief. Cake, in this book, is a theology.

The mole's appetite is played for warmth and meant seriously — the ordinary good thing is offered as real help, not as avoidance.

6 HOURLIFE TAKEAWAY

Everyone here has been frightened, and none of them apologise for it.

Fear is treated as ordinary weather in a life rather than as a defect to be talked out of.

7 HOURLIFE TAKEAWAY

You will not remember the advice. You will remember who stayed in the rain.

The book's implicit theory of comfort: presence outlasts wording, which is why so little of it is advice.

8 HOURLIFE TAKEAWAY

Hope is not certainty that it clears. It is walking while it doesn't.

Mackesy keeps hope small and physical throughout — a next step in bad weather rather than an optimistic forecast.

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

- [ ] Write your four names
- [ ] Make a storm list
- [ ] Keep one line where you can see it
- [ ] Decide what you'll say when asked
- [ ] Name the person you'd sit with

KEEP UP DAILY

- ◯ Ask for one small thing this week
- ◯ Stay without fixing
- ◯ Take the ordinary good thing seriously

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

Write your four names

Who is your boy, mole, fox and horse — the honest one, the warm one, the quiet one, the steady one?

Write the four names down. Most people find one of the roles is unfilled, and that is useful to know.

MY VERSION

DONE ON

- [ ] SETUP 2

Make a storm list

Before the next bad week, write the three things that reliably help you — a person, a place, a small comfort.

In the storm you will not be able to think of them.

MY VERSION

DONE ON

- [ ] SETUP 3

Keep one line where you can see it

A single sentence someone said to you that you would want back on a bad day.

On the fridge, in your wallet, on the lock screen. This is the whole mechanism of the title.

MY VERSION

DONE ON

- [ ] SETUP 4

Decide what you'll say when asked

Practise one honest answer to "how are you" that isn't fine.

Mackesy's characters are unusually straightforward, and it turns out to be a skill rather than a personality.

MY VERSION

DONE ON

- [ ] SETUP 5

Name the person you'd sit with

Not the person who would fix it — the one you'd want in the room saying nothing.

Then tell them that is what they are to you.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Ask for one small thing this week

A lift, an hour, a favour you could technically manage alone.

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

Stay without fixing

When someone tells you something hard, resist the solution for a full minute.

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
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Take the ordinary good thing seriously

The tea, the walk, the cake, the sitting down.

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

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

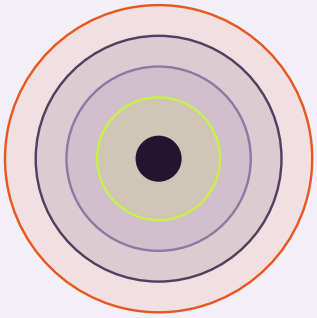
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The storm does not ask whether you are ready. Being loved is what you take into it.

CHARLIE MACKESY