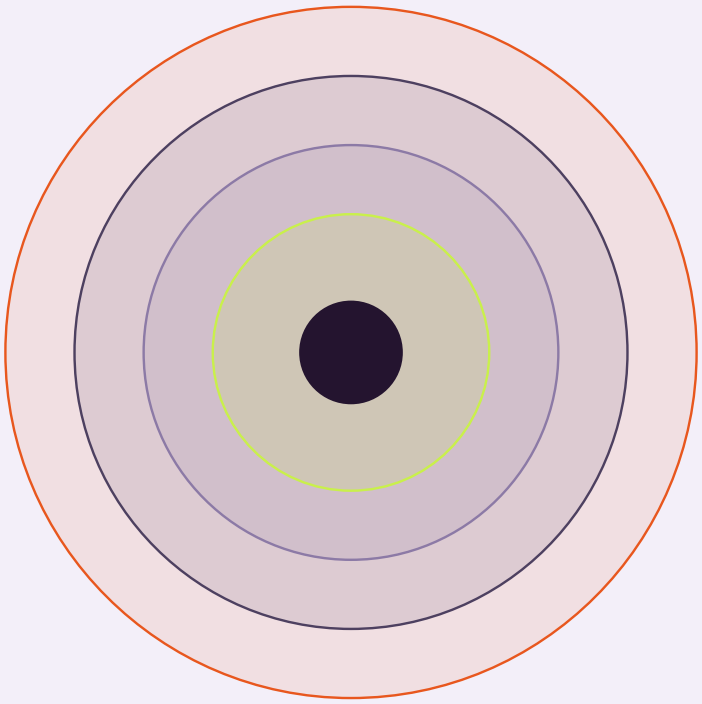


How Lucky Am I

A reading of the book by Christian Watson (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of How Lucky Am I, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Christian Watson is an animator and designer from Myrtle Creek, Oregon, and the founder of the 1924us studio. In 2023, while living in Tasmania with his family, he sketched the first drawing of Mr Skelly, a gentle skeleton who went on to find a large audience online. How Lucky Am I is the character's first book: hand-painted scenes and short lines of text that follow Mr Skelly through joy, loss, grief and love as he looks for his family and a safe home. Along the way it asks what to hold onto and what to let go, how to accept what you cannot control, and how to notice the moment you are in. Under all of it runs one plain idea: we are all made of the same bones. The book does not look away from death, and it closes on a small, ordinary act: lighting the stove to make tea.

Below are the 9 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

Losing what you wanted can be the way you find what you needed.

The title points at this turn. Mr Skelly counts himself lucky for a loss because of what the loss made room for. It is not a claim that the loss did not hurt. It is a second look at the same event, taken later.

2 HOURLIFE TAKEAWAY

Some things are yours to carry, and some you have to set down.

The walk keeps sorting what to hold onto from what to let go. A useful test is whether the thing is in your hands at all. If it is, carry it and take one step. If it is not, carrying it only makes the road longer.

3 HOURLIFE TAKEAWAY

We are all made of the same bones.

This is the idea the whole book rests on. A skeleton has no rank and nothing to compare, so the drawing points at what people share underneath. It is a reason to be gentler with others, and with yourself.

4 HOURLIFE TAKEAWAY

Accepting what you cannot control frees your hands for what you can.

Acceptance here is not giving up. It is the point where you stop spending strength on the weather and spend it on the next mile. The book treats this as a skill you practise, not a mood you wait for.

5 HOURLIFE TAKEAWAY

Some hard ground cannot be walked around, only crossed.

On Mr Skelly's road, grief is part of the route rather than a detour from it. The comfort the book offers is company on the crossing, not a way to skip it.

6 HOURLIFE TAKEAWAY

Every worry you have will end one day, and that can make it lighter now.

The book uses mortality as a comfort, not a threat. Remembering that all of it passes, the worry included, shrinks today's problem to its real size. Reviewers single out its pages about death as the ones that land hardest.

7 HOURLIFE TAKEAWAY

The present is the only place you can enjoy anything.

Most of the scenes are quiet ones: a skeleton resting somewhere outdoors in soft light. They work as a prompt to stop and look at where you are. The past and the future can be thought about, but they cannot be sat in.

8 HOURLIFE TAKEAWAY

What matters most is often the part you cannot see.

The book asks readers to value what is not visible: love, trust, the people who made you, the time you still have. These rarely show up on a to-do list, so they are the easiest to neglect.

9 HOURLIFE TAKEAWAY

Small, ordinary rituals carry you through large things.

After its pages on death, the book ends on something homely: a match struck to light the stove for tea. The gesture says that life goes on in the small acts, and that they are worth doing with care.

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

- [ ] Sort what you are carrying
- [ ] Write your own lucky line
- [ ] Name your safe home
- [ ] Set up a pause corner
- [ ] Leave a reminder that things pass

KEEP UP DAILY

- ◯ Take a short daily look outside
- ◯ Set one thing down each evening
- ◯ Let the kettle be a pause

30 days · Nov 6 - Dec 5, 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 6 - Dec 5, 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

Sort what you are carrying

Write down everything on your mind right now.

Mark each one as in your hands or not in your hands. For each one in your hands, write one small next step.

MY VERSION

DONE ON

- [ ]

SETUP 2

Write your own lucky line

Pick one loss or disappointment from the past few years.

Write one sentence on what you lost and one on what it led you to. Keep it somewhere you will find it again.

MY VERSION

DONE ON

- [ ]

SETUP 3

Name your safe home

Write down the two or three people or places where you feel most at home.

Send one of them a short message this week saying so.

MY VERSION

DONE ON

- [ ]

SETUP 4

Set up a pause corner

Choose one chair, step or window where you will stop for a few minutes each day.

Put a cup, a plant or a blanket there so it is ready.

MY VERSION

DONE ON

- [ ]

SETUP 5

Leave a reminder that things pass

Write a short line to yourself, such as 'this will pass too', and put it where you see it on hard mornings: a mirror, a wallet, a phone lock screen.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Take a short daily look outside

Spend five minutes outdoors without your phone.

Nov 6 - Dec 5, 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

Set one thing down each evening

Before bed, name one worry that is not yours to solve tonight.

Nov 6 - Dec 5, 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 ○
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Let the kettle be a pause

While the kettle boils, put the phone away and notice three things around you.

Nov 6 - Dec 5, 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 ○
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December 2026

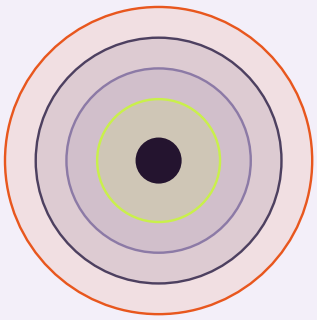
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Set down what was never yours to carry, then put the kettle on.

HOURLIFE NOTE AFTER CHRISTIAN WATSON