

YOUR FREE READER'S COMPANION

The First 30 Days Companion

A companion to The New Quiet · by Margaret Holland

Thanks for picking up the workbook. This is the printable companion — daily reflection pages, a values reset worksheet, a gentle weekly planner, and a short audio for the quiet evenings. Print what you need, when you need it. There's no right pace.

The house got quiet, and somewhere in that quiet is a question you maybe haven't had room to ask in twenty years: what do I want now? These pages are a soft place to start answering it. — Margaret

Daily Reflection Page (photocopy — use as many as you like)

Three minutes, ideally with a cup of something warm.

- One thing I felt today (name it, don't fix it): _____
- One small thing that was good: _____
- One thing I'm letting myself off the hook for: _____
- A person I could reach out to this week: _____
- Tonight, one kind thing I'll do for me: _____

On the hard days, just fill in one line. One line counts.

Values Reset Worksheet

For two decades, a lot of your choices answered the question "what do they need?" This is a gentle invitation to ask a different one.

1. Three things I loved before the kids that I quietly set aside:

2. Something I always said "someday I'll..." about:

3. A version of my days that sounds genuinely good (not productive — good):

4. One value I want the next chapter to be built around (e.g. creativity, connection, adventure, peace):

5. What would change this week if I took that value seriously?

The "One Small Thing" Weekly Planner

Rebuilding a life isn't a grand gesture. It's one small thing, repeated. Pick ONE per week. That's the whole assignment.

Week	One small thing I'll try	How it felt
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____

Ideas if you're stuck: take a class you'd never have had time for, call an old friend, rearrange a room to be yours, take a solo coffee somewhere new, start the thing you said you'd do "someday."

A Note for the Quiet Evenings

The evenings are often the hardest — the hour the house used to be loudest. So I recorded a short audio companion just for that hour. It's in your library. Put it on, make a cup of tea, and let someone who's walked this road keep you company for a few minutes.

Some truths to keep close this month:

- The grief is real. It's not weakness, and it's not ingratitude. Two things can be true: you're proud of them and you miss them.
- The quiet is not empty. It's space. Space is uncomfortable before it's wonderful.
- You did the job. Now you get to be a person again — not instead of being their mother, but in addition to it.

That's the companion. This week, do just one thing: fill in a single daily reflection page tonight. Not all of them — one. The rest will follow at its own pace. When this workbook has helped you feel a little more like yourself again, I'd be so glad to hear about it, and in a couple of emails I'll share how a quiet word from you helps it reach the next mother sitting in a house that just got very quiet.

With you in it,
Margaret Holland