WORKSHEET

BE WATER TONIGHT

by Kalika

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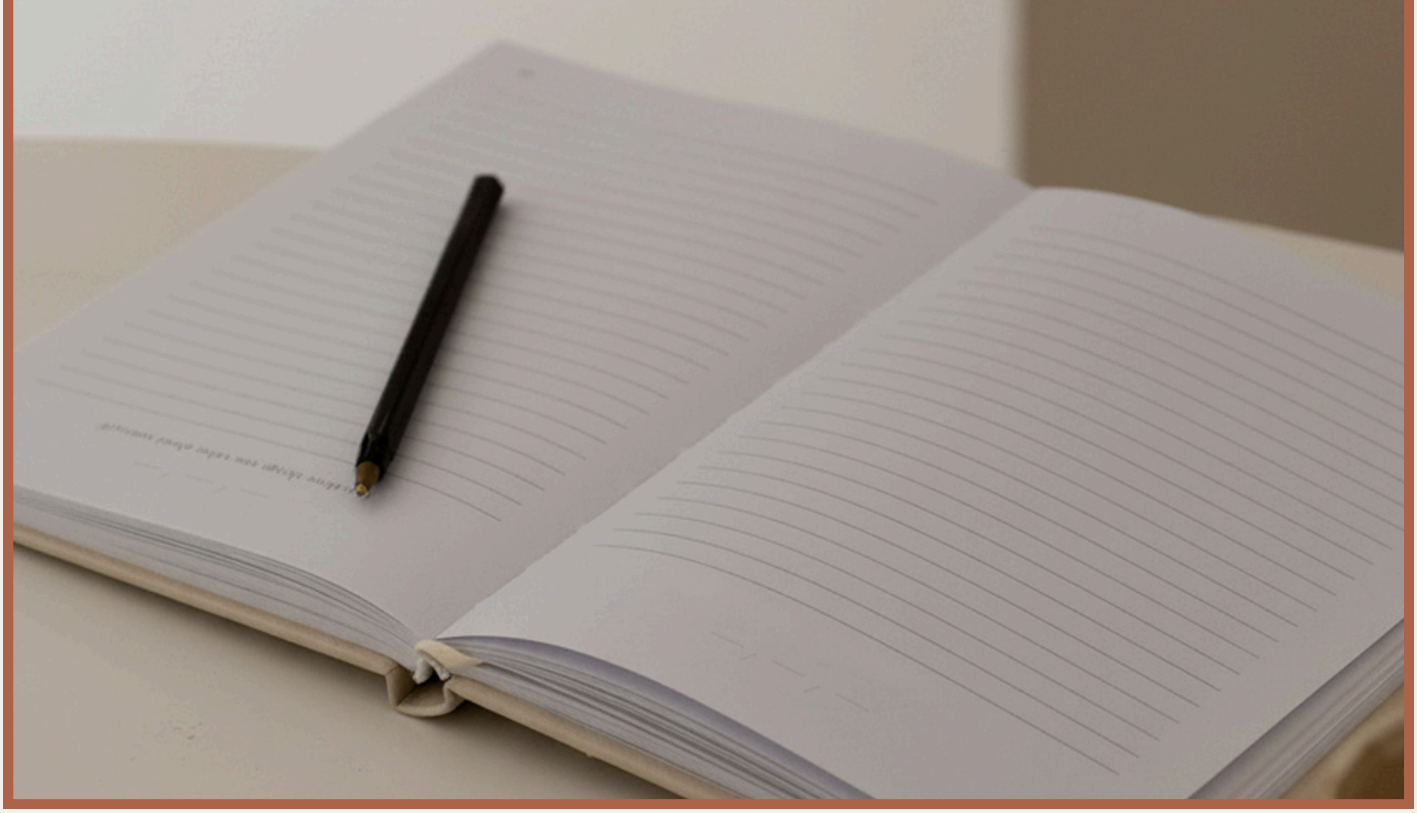

WELCOME!

Find a quiet spot. Pour a cup of tea, or don't. Set fifteen minutes aside.

This worksheet pairs Bruce Lee's idea of emptying the cup with the four-line practice. There's no right answer. Some prompts will feel easy. Some will feel sticky. Linger on the sticky ones. That's usually where the real work lives.

You can fill this out once. You can also keep it on your nightstand and use it as a weekly check-in.

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Part 1: Thank You

What three small things from today are you grateful for?

What's a problem from the past year that you survived, that you can now see you grew through?

What lesson came to you disguised as pain this season?

Part 2: I Release It

What worry has been living rent-free in your head this week?

What would it feel like in your body to let it go tonight?

What's one outcome you've been trying to control that was never yours to control?

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Part 3: I Am Being Prepared

What hard thing are you in the middle of right now?

If you trusted that this was shaping you, what would shift in how you show up to it tomorrow?

Who have you become because of what you've already walked through?

Part 4: Tomorrow, I Rise Renewed

How do you want to feel when you open your eyes tomorrow?

What's one small thing you'll do in the morning to honor that feeling?

Who is the person you were created to be? Describe her in three sentences.

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CLOSING THOUGHTS

Read back over what you wrote. Notice what made you pause. Notice what you almost didn't write down.

That's where your practice begins.

Bruce Lee said the successful warrior is the average person with laser focus. You don't have to overhaul your life. Just say the four lines tonight. Then again tomorrow night. Be water.

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