

the

HOLDING
PAGE



A quiet place to
put your thoughts
before you decide what
to do with them.

t h e
H O L D I N G
P A G E

This is a place to put things that don't yet have a home.

Thoughts you're not ready to act on.
Words you don't want to send, at least not yet.
Feelings that need space before they make sense.

You don't have to write neatly.
You don't have to be kind or careful.
You don't have to decide anything.

Just write.

You can leave it here for a while.
Come back later.
Read it again with a clearer head.

And if, in time, you want help turning what you've
written into something calmer, clearer, or ready to
share, this is where that can begin.

For now, this page is simply holding things for you.



S T A R T
H E R E
if you want to

You don't need to write well.
You don't need to explain yourself.
You don't need to have it all worked out.

Just begin wherever feels right.

You might want to start with:

"What's on my mind right now is..."

"I keep thinking about..."

"I'm feeling frustrated because..."

"I don't know what to do about..."

"If I'm honest, what I really want to say is..."

Or you can ignore all of that and just write.

There's no right way to use this page.

















Would you like help
turning this into a note?

