FREE SEVEN-STEP PROGRAMME

A moment for you.

Seven Steps with PentOme.
About five minutes per step, at your own pace.

A question. Space to write. Something you could try.

No perfect answers. No catching up. No streak to keep.

Open the programme at pento.me

Created by Genemin for PentOme · October 2026

BEFORE YOU BEGIN

Make a little space.

Each step has a reading, a practice, a question and an optional action. You can follow all seven steps or choose one that suits you. Nothing needs to be completed perfectly.

Write in this workbook, use your own notebook or take the question into your day. You can print these pages or use a PDF annotation app. The writing lines are not interactive form fields.

A free PentOme account lets you keep progress and choose to save reflections in My Journal. You can also talk a question through with PentO. Conversations use your normal account reply allowance; the complete programme and workbook remain free to read.

You choose what to save. There are no automatic reminder emails. If you would like a reminder, ask PentO to prepare an Action, then review and confirm its timing in My Actions.

Adapt or skip any practice. Keep your eyes open if you prefer. If inward attention feels uncomfortable, notice the room around you or stop. This is personal reflection, not therapy or a treatment course.

YOUR SEVEN STEPS

1 · Start where you are

2 · Notice your thoughts

3 · Listen to your body

4 · Feelings and connection

5 · Follow a little interest

6 · Try something that fits

7 · Look back, look ahead

STEP 1 OF 7 · AWARENESS

Start where you are

There is no right state of mind for beginning. You might arrive curious, distracted, tired or quite content. Today is simply a chance to notice your starting point.

A MOMENT TO NOTICE

Look around and notice something ordinary: a colour, a sound, the support of your chair. Let your breathing find its own pace. Then ask yourself what is taking up space in your attention.

YOUR QUESTION

What feels most present in my life today?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

If you want to, make room for one thing you need today: a pause, a conversation, a little movement or something enjoyable.

Open step 1 and talk it through with PentO

STEP 2 OF 7 · THINKING

Notice your thoughts

A thought can be useful without being the whole story. Today, notice what your mind keeps returning to, without needing to argue with it or make it disappear.

A MOMENT TO NOTICE

Choose one thought that has been around today. Put it into a sentence. You could begin, “I notice I’m thinking…” Consider what you know, what you are assuming, and what remains uncertain.

YOUR QUESTION

Which thought is taking up space, and how else might I see it?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

Try replacing one firm conclusion with an honest question. You do not have to find the answer today.

Open step 2 and talk it through with PentO

STEP 3 OF 7 · INSTINCT

Listen to your body

Your body is part of your experience, not a problem you have to solve. You can notice comfort, tension, energy or tiredness without deciding immediately what it means.

A MOMENT TO NOTICE

With your eyes open or closed, notice one comfortable or neutral point of contact, such as your feet on the floor. If inward attention is uncomfortable, stay with the room around you instead.

YOUR QUESTION

What am I noticing physically, and what ordinary care might help?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

Choose a comfortable act of care: change position, have some water, rest your eyes or take a gentle stretch if it suits you.

Open step 3 and talk it through with PentO

STEP 4 OF 7 · FEELING

Feelings and connection

You do not need the perfect word for a feeling. Something can matter even when it is mixed or difficult to explain. Today, give a little attention to what matters to you and how you connect.

A MOMENT TO NOTICE

Think of an interaction, or a quiet moment on your own, that stayed with you. Name a feeling if you can. If not, describe the moment and what felt important about it.

YOUR QUESTION

What has mattered to me today, and what feeling goes with it?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

You might acknowledge a feeling, thank someone, ask for a little space or reach out to a person you trust. Doing nothing further is also a choice.

Open step 4 and talk it through with PentO

STEP 5 OF 7 · DESIRE

Follow a little interest

Wanting can be quiet: curiosity about a book, a wish for more space, an attraction to something creative. You can acknowledge an interest without committing to a new goal.

A MOMENT TO NOTICE

Recall something that caught your interest recently. What drew you towards it? Notice whether it feels like something you want or something you think you should want.

YOUR QUESTION

What am I drawn towards when I set “should” aside for a moment?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

Give one interest a little space: listen, read, sketch, explore or simply admit that you would like to.

Open step 5 and talk it through with PentO

STEP 6 OF 7 · MOVING

Try something that fits

Noticing can open up a choice. Today is an invitation to try something that fits your actual life. A step can be modest, and choosing to pause can be deliberate too.

A MOMENT TO NOTICE

Look back at anything you have noticed so far. Choose one thing you could try. Make it clear enough to recognise: what would you do, and when would it fit?

YOUR QUESTION

What would I like to try, and what would make it manageable?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

Choose one action you are willing to try. If a reminder would help, ask PentO to prepare an Action, then review and confirm it in My Actions.

Open step 6 and talk it through with PentO

STEP 7 OF 7 · NEW AWARENESS

Look back, look ahead

There is no score for this programme. Perhaps you noticed something useful, or perhaps you learned which questions do not suit you. Either can help you decide what comes next.

A MOMENT TO NOTICE

Look back at your notes, if you made any. What surprised you? What helped? What would you leave behind? You can return to any step rather than starting again.

YOUR QUESTION

What do I want to carry forward, change or leave here?

A REFLECTION OF YOUR OWN

AN OPTIONAL ACTION

Choose your own continuation: an occasional check-in, another conversation, an action to review, or time away. You do not need to keep a streak.

Open step 7 and talk it through with PentO

AFTER YOUR SEVEN STEPS

Carry forward what helps.

You do not need a new plan to finish this programme. Choose what deserves another moment of attention, and leave the rest here.

What did I notice?

What helped, and what did not suit me?

What would I like to continue, change or leave behind?

Return to A Moment for You

Your next step is yours: a conversation, a reflection, an action to review, or some time away.

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