

# Micro Rebellions Workbook

Twenty one tiny acts to break up with a life that no longer fits you

This workbook is your space to gently explore small acts of change in a life that no longer feels quite right. Rather than dramatic decisions, you will practice tiny Micro Rebellions that help you reclaim your body, time, relationships and identity in a way that your nervous system can actually hold.

There is no right pace here. You can choose one or two Micro Rebellions each week and return to them as often as you like. Use the check boxes to mark what you try and the writing space to notice how your body and heart respond. Every small act of honesty and care is a seed for a different life.

You do not have to fix everything at once. You only need to keep meeting yourself in these pages with curiosity, kindness and a willingness to experiment.

## Micro Rebellions for your body and energy

These practices help you listen to your body as a partner in change. Each one is a small invitation to move from overriding your signals to cooperating with them. Notice any sense of relief or resistance as you experiment.

### [ ] Micro Rebellion 1: Thirty second body check before you say yes

Before you agree to a request pause for a short moment and notice your jaw shoulders chest and stomach. If your body tightens you can say that you will think about it and return with an answer rather than rushing into a yes you do not really mean.

*When I will try this:*

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*Notes after I try this:*

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### [ ] Micro Rebellion 2: Seven minutes of unapologetic rest

Choose a specific time of day and claim seven minutes for pure rest. No messages no scrolling only breathing lying down or looking out of a window. Treat this as fuel rather than a reward you must earn.

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*Notes after I try this:*

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### [ ] Micro Rebellion 3: Wear one thing that belongs to your future self

Put on one small element that feels like the you who actually enjoys her life. It might be softer clothing a bolder colour or something you usually save for special occasions and notice how you move through the day.

*When I will try this:*

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*Notes after I try this:*

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### [ ] Micro Rebellion 4: Move your body into a different environment

Take one task and do it in a different place such as a park a cafe or another room. Let the change in setting remind your nervous system that you do have options and are not completely trapped.

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*Notes after I try this:*

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### [ ] Micro Rebellion 5: Ninety second shake off ritual

At the end of work or a demanding role take a short moment to gently shake your shoulders arms hands and face. Use this as a signal that you are leaving one part of the day and entering another with more choice.

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*Notes after I try this:*

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## Micro Rebellions for your time

These practices help you protect small pockets of time that belong to you rather than only to your obligations. Even brief moments of chosen activity can slowly change how your entire day feels.

### [ ] Micro Rebellion 6: Fifteen minutes of want time

Pick one short block in your day and dedicate it to something you genuinely want to do with no goal beyond enjoyment or curiosity. This might be reading stretching listening to music or simply watching the sky.

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*Notes after I try this:*

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### [ ] Micro Rebellion 7: Cancel one recurring obligation

Look at your calendar and choose one recurring meeting call or task that no longer serves you. Experiment with ending it or reducing how often it happens and notice the space that opens up.

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*Notes after I try this:*

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### [ ] Micro Rebellion 8: Choose one real priority

At the start of the day decide on one meaningful priority that would truly move your life forward or bring relief. Let this be your anchor instead of trying to complete an endless list.

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*Notes after I try this:*

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## [ ] Micro Rebellion 9: Add a white space box to your week

Mark one afternoon or evening as white space in your calendar with no fixed plan. During that time allow yourself to rest wander or follow gentle impulses without turning them into another project.

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*Notes after I try this:*

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## Micro Rebellions in relationships

These practices invite more honesty and kindness into the way you relate. They are not about creating conflict but about slowly stepping out of roles that require you to abandon yourself.

### [ ] Micro Rebellion 10: Replace one polite lie with a gentle truth

Notice a moment when you are tempted to say that everything is fine when it is not. Try a softer truth such as saying that you feel tired or that you would prefer another day and see how it lands.

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*Notes after I try this:*

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### [ ] Micro Rebellion 11: Offer one no for now

When a request feels heavy in your body practice saying that you cannot commit right now. This gives you a way to protect your energy while your nervous system learns that saying no can be safe.

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*Notes after I try this:*

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### [ ] Micro Rebellion 12: Ask for micro help

Choose one small task you usually carry alone and invite someone you trust to share it. Allowing support in is a powerful step away from the belief that you must always cope on your own.

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*Notes after I try this:*

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### [ ] Micro Rebellion 13: Use fewer apologies for existing

For one day pay attention to how often you apologise out of habit. When it feels appropriate replace sorry with thank you for waiting or thank you for understanding and feel the difference.

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*Notes after I try this:*

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### [ ] Micro Rebellion 14: Share one thing that delights you

With a person who feels reasonably safe let yourself show something that brings you quiet joy. This might be music art a memory or a small dream and it helps your relationships include more of your real self.

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*Notes after I try this:*

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## Micro Rebellions in mind and identity

These practices work with the stories you tell about who you are. They help you loosen old scripts and relate to your thoughts with more curiosity and choice.

### [ ] Micro Rebellion 15: Name the old script

Write out the rules you were given about what a good life is meant to look like. Seeing them on paper helps you remember that they were learned and that they can also be questioned.

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*Notes after I try this:*

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### [ ] Micro Rebellion 16: Do one thing imperfectly on purpose

Choose a low stakes task and allow it to be simply good enough. Notice what your mind says and how your body feels when you resist the urge to polish it again and again.

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*Notes after I try this:*

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### [ ] Micro Rebellion 17: Translate should into could

When you hear yourself thinking that you should do something mentally change it to I could do this if I choose. Then ask whether you truly choose it in this moment.

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*Notes after I try this:*

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### [ ] Micro Rebellion 18: Five minute future self check in

Imagine a version of you a few years from now who likes her daily life. Ask what one small action she might take today and let that guide a gentle experiment.

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*Notes after I try this:*

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### [ ] Micro Rebellion 19: Spend a small amount on what matters

If your budget allows choose a modest amount and direct it toward something that supports the life you want rather than the image you feel pressured to keep. Notice how it feels to invest in yourself.

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*Notes after I try this:*

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### [ ] Micro Rebellion 20: Create a symbolic exit ritual

Write a short letter to an old role such as the fixer or the always available one. Thank it for how it once helped you and then use a small ritual to mark your intention to loosen it.

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*Notes after I try this:*

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### [ ] Micro Rebellion 21: End the day with one sentence of choice

Each evening finish the sentence Today one way I quietly chose myself was and record your answer. Let this become a growing record of your courage to live differently.

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*Notes after I try this:*

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