

A JOURNAL OF
REFLECTION & BECOMING

COMPLIMENTARY EDITION

The *Quiet* Work

A PRIVATE PRACTICE OF
Reflection and Becoming

A space to slow down, listen deeply, and give thanks for the vision, the endurance, and the grace to keep becoming – offered with our compliments.

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A **HOUSE OF LADORE** PUBLICATION



A WELCOME FROM THE HOUSE

Come on in. You are early enough.

There is no version of you the House was waiting for instead of this one.

Before this journal asks you anything, the House wants to say something plainly: you do not have to arrive here composed. You do not have to know what you are working through, or have a tidy word for what this season has been. You only have to be willing to sit still with yourself for a few quiet minutes.

This edition was made to travel with you — to a porch chair, a kitchen table before anyone else is awake, the last page of a long day. It asks nothing of your calendar. It keeps no record of how often you return to it. It simply holds a little room open, for as long as you need it held.

Your thoughts belong to you. The House simply holds the room.

With gratitude, from our House to yours.

THE QUIET WORK PHILOSOPHY

Becoming is not a performance.

Some things need a quiet place to land — before they need an audience, a plan, or a caption.

Most of what asks for our attention is loud. It wants a response today, a decision this week, a version of us that is further along than we currently are. The Quiet Work is built on the opposite premise: that the truest progress is often the kind no one applauds — the noticing, the naming, the small honest sentence written only for yourself.

This is not a productivity practice. There is no streak to protect, no page to fill before you have earned rest. Some days will hold one line. Some will hold none at all, and that will also be enough. The House measures nothing here. It only keeps the room ready.

Taste over performance. Depth over speed.

What is true for you, right now — before you edit it for anyone?

Not what should be true. Not the version you'd say out loud at dinner. Just what's actually here today — your peace, your energy, the weather inside you.

What deserves to be remembered from this week — even if no one else noticed it?

A running account of what was good. It does not have to be large. It only has to be true.

What is a quiet win you haven't let yourself count yet?

Not the milestone. The moment before it — the boundary held, the hard thing said gently, the day you didn't quit on yourself.

What are your body and your spirit quietly asking for today?

Sleep. Water. Quiet. Time alone, or time with someone who feels like home. Name it. Nothing here needs to be earned first.

Dear me — what do you want to remember about
who you were becoming, right now, in this season?

Seal this page in your own mind. Return to it later — not to check your progress, but to remember you were
already someone worth writing to.

A CLOSING REFLECTION

Let the day end here, instead.

*One page to release what you carried, and to place it somewhere other than
your shoulders.*

What can stay here tonight, instead of following you into tomorrow?

You did not have to solve everything today. You only had to show up honestly. You did.



THE HOUSE HAS MORE TO OFFER

Continue in the *Interactive* Quiet Work

This complimentary edition is a beginning. Inside the House, the Quiet Work continues — a private, encrypted place for your Daily Check-In, your Gratitude Ledger, your Prayer Journal, and the letters you write to who you're becoming, saved quietly on your own device.

Private by design. Your entries are encrypted in your browser. House of LaDore cannot read, receive, or share what you write.



SCAN TO OPEN THE INTERACTIVE JOURNAL

houseofladore.com/quiet-work.html

Come on in. The House is fine. 💛