



A COMPANION BOOKLET

Slow Thrive

Starter



Slow Down. **Think.** Thrive.

Five short listens. One reflection each. One small action.



01

Attention is
Currency



02

Systems Create
Freedom



03

Small Actions
Compound



04

Living with Rhythm



05

Space Creates
Clarity

Michelle Snape

OLD WISDOM · SMART SYSTEMS · THOUGHTFUL AI

How to Use This *Companion*

Five short listens. One question each. One small action. This booklet is where you write it down.



01 Listen first

Each module is a short audio journal. Press play with this booklet open and a pen nearby. Nothing here makes sense until you have heard it.

02 Permission to scribble

One page per module. Short answers, half sentences, crossing out. A page written quickly and honestly is the correct result. Neat is not the point. Give yourself permission to scribble.

03 Do not fix anything yet

This week is just for noticing. Fixing comes later, and it comes far more easily once you can see clearly. If you catch yourself building a system, stop and write down what you saw instead.

04 Choose now

Just listen. Don't make a time for later. Don't make a promise to your future self. Just do it now. Otherwise, you will not come back to it.

WHAT THIS IS

Five ideas, one question each, and one page at the end that fits on the fridge. About ninety minutes of listening, spread however suits you.

WHAT THIS IS NOT

A course. Homework. A life overhaul. Nobody is asking you to wake at five, delete anything or become a different person by Friday.

Before we begin

TODAY'S DATE

Why did the concept of Slow Thrive *resonate* with me?



The Five *Principles*

*Five simple ideas for creating more space, clarity and intention
in the way you work and live.*



01

Attention is Currency

Your attention is finite and valuable. What you repeatedly give it to begins to shape your life.



02

Systems Create Freedom

Good systems reduce friction. They hold the things you no longer need to carry in your head.



03

Small Actions Compound

You do not need a dramatic overhaul. Small, repeatable changes can quietly reshape a life.



04

Living with Rhythm

Life works better when we stop forcing a constant pace. There are natural rhythms to our energy, work, rest, focus and renewal.



05

Space Creates Clarity

Clarity needs room. When every space is already full, it becomes difficult to see what matters.

*These are not rules to master.
They are five *lenses* through which to look at your life.*

OVER THE NEXT FIVE MODULES, WE'LL EXPLORE EACH ONE.



PRINCIPLE 01

Attention is *Currency*

Time, energy and attention are three separate currencies. Most of us have spent our whole adult lives budgeting only one of them.

THE REFRAME

*You are not busy.
Your attention is being stolen.*

YOUR QUESTION

Where did I spend my attention this week that I *regretted*?

Don't rush to an answer. Let it be uncomfortable for a moment.

YOUR ONE SMALL ACTION · THE ATTENTION LEDGER

For one day, just one, notice two things. This is not a time audit. It is a quality audit: where was the best of you, where did it go, and what took it away. Fill it in tomorrow night, not tonight.

Where did I spend my attention?

What drained it the fastest?

Where did I really want to spend my attention?



PRINCIPLE 02

Systems Create *Freedom*

A system is not a spreadsheet. A system is not an app. A system is a decision you only have to make once.

THE REFRAME

*Structure isn't the opposite of freedom.
It's what pays for it.*

YOUR QUESTION

What am I deciding over and over that I could decide *once*?

The answers are hiding in plain sight. They're the things so ordinary you've never thought of them as decisions at all.

YOUR ONE SMALL ACTION · NAME THREE, THEN STOP

List the three decisions you make most often. Don't solve them. Don't design anything. Naming them is the entire job this week. Beside each one, roughly how many times a week. Write it down even if you're guessing.

	My three most repeated decisions	Times a week
01		x per week
02		x per week
03		x per week

*Redesigning how you make these decisions is real work, and it isn't what this week is for.
You can't build a system for a decision you've never noticed you're making.*



PRINCIPLE 03

Small Actions *Compound*

A project is anything that takes more than one action. You cannot do a project. You can only ever do the next action.

THE REFRAME

*You don't need to do the whole project.
You only need to do the next action.*

YOUR QUESTION

What's the *smallest* action I can take on something I know is on my list?

Small enough to survive your worst week. If it survives that, it survives.

YOUR ONE SMALL ACTION · THE NEXT FIVE

You have been waiting for a window big enough to do the whole thing. The window is not coming. Name the project, then break off the next five tiny actions. Any one of them should take less than ten minutes.

The one project or life direction I am working towards:

The next five tiny actions that will move it towards completion:

01

02

03

04

05



"From little things big things grow."

PAUL KELLY & KEV CARMODY, AUSTRALIAN SONGWRITERS



PRINCIPLE 04

Living with *Rhythm*

Everything works in a rhythm. Look at the moon, the tides, the sun, and nature itself.

THE REFRAME

*You are not inconsistent.
You just work in a rhythm, like all of nature.*

YOUR QUESTION

Do I give myself permission to work in my natural *rhythm*?

Sit back and notice the rhythms of your own day, week, month, season and year.

YOUR ONE SMALL ACTION · NAME YOUR RHYTHM

When is your season of each? A time of day, a day of the week, a month, a part of the year. Write what you already know is true.



Building



Flourishing



Maintaining



Holding on

What would change if I worked in my rhythm?

DAILY

WEEKLY

MONTHLY

SEASONAL

YEARLY



"To everything there is a season."

ECCLESIASTES



PRINCIPLE 05

Space Creates *Clarity*

Thinking needs room. A life filled edge to edge has nowhere for clarity to arrive.

THE REFRAME

*You are not as rushed as you think you are.
You just need to create some space.*

YOUR QUESTION

How can I create some space that gives me *clarity*?

Thinking needs room. Find one thing, in each kind of space, that you could move out of the way.

YOUR ONE SMALL ACTION · MAKE ROOM

What is one thing you could:

**Physical**

Clear from your surroundings?

**Time**

Remove or simplify in your schedule?

**Mental**

Write down or let go of to free your mind?

What becomes clearer when I make room?

My Slow Thrive *Starter* Plan

Nothing new today. Everything you need is already in your own handwriting on the pages behind this one. Bring it into one place.



01 My attention

Where I really want to spend my attention, and what I'm taking it back from:



02 My system

The one repeated decision I'm making once:



03 My next action

The smallest next step on the project I'm working towards:



04 My rhythm

The one rhythm I'm giving myself permission to work with:



05 My space

The one thing I'm clearing to make room:

NOW TURN IT INTO ONE LINE

The one thing I'm changing *this month*:

One. Not five. Pick the one that feels most available, not the most important. Put this page somewhere it can catch you off guard.



Where to *Next*

You came into this week with a feeling that something wasn't fitting. You leave it with five sentences about your own life, and one thing you're changing.

Seeing clearly was the work of this week, and you've done it. Living differently is a different kind of work. That's what comes next.

COMING SOON

The Slow Thrive *Reset*

The Starter helped you notice. The Reset is where you build. A detailed, self-paced program that takes each of the five principles and turns it into an action plan for your real life, with every tool you need to make it hold.



An action plan for each principle

Attention, systems, next actions, rhythm and space, each worked through properly and written down.



Every tool, built with you

Your attention portfolio, your freedom systems, your next action list, your rhythm map and your space plan.



Paper or AI, your choice

Every exercise works on the page with a pen, or with an AI tool doing the first draft for you. Both paths are included.



In your own time

Self-paced and evergreen. Nothing to fall behind on, and nothing you can't come back to.

BECAUSE YOU FINISHED THE STARTER

\$50 off *the Reset*

A 25% saving, for the people who did the noticing first.

Your voucher will be waiting for you the moment the Reset opens. Keep an eye on your inbox, or visit michellesnape.com.au.



About the *Author*



Michelle Snape

SPEAKER · BUSINESS STRATEGIST
TRAINER · COMMERCIAL LAWYER

Michelle Snape is a speaker, business strategist, trainer and commercial lawyer. She founded her own law firm, bought a second one and rebuilt it, and has spent the past two decades building a practice in New South Wales, Australia, while raising a family and writing about how to slow down and focus on the simple joys.

She is, in other words, exactly the high performer this booklet was written for: a high performer, constantly trying to work out how you can slow down and still thrive.

Slow Thrive began as an experiment on one life: her own.

For nearly twenty years Michelle has been writing on the topic of how old wisdom can apply to modern life, and it is through this thinking that the five principles in this booklet have developed into a theory she continually tests.

Her work today brings strategy, better systems and thoughtful use of AI together with one aim: to help people do less, think more clearly, and reclaim the time, energy and attention that busyness has been quietly stealing from them. She writes about the everyday version of this, as she has done for the last twenty years, on her blog *A Vision Splendid* and through her podcast *Slow Down. Think. Thrive*. She speaks to organisations, individuals and conferences about the future of work and how analogue minds can thrive in a digital world.

She has been featured on ABC Radio National and in *The Sunday Telegraph*, and has trained for TAFE NSW. She lives in the Manning Valley, where she conducts her business and tests her Slow Thrive theory.

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