



Vibbrancy

No Blank Page

A private seven-day experiment in making check-ins smaller.

Keep completed answers private. Share only a neutral status card.

01

Make it small

Rough score · one emotion · one context clue

rough score

emotion

context clue

02

Leave space

Stop after three choices unless a note arrives naturally

rough score

emotion

context clue

03

Use your words

Choose the emotion word that is useful to you

rough score

emotion

context clue

04

Keep one clue

Context is a clue, not a cause or conclusion

rough score

emotion

context clue

05

Let gaps stay gaps

Missed yesterday? Restart today; do not backfill

rough score

emotion

context clue

06

Notice the effort

If it feels like homework, shorten, pause or stop

rough score

emotion

context clue

07

Ask one question

Review for a question, not a diagnosis or verdict

rough score

emotion

context clue

Private-use boundary

Protect or discard the sheet when finished. A pattern is a clue—not a cause, diagnosis, treatment result or verdict.

Free challenge and neutral status cards: vibbrancy.app/tools/