



Y · YIELD

what tidiness can't teach

An encounter with what a recent mess made possible.

🕒 10 MINUTES

THE MESS

1. Think of a period of genuine disorder in the last few months — emotional, relational, creative, or practical.
2. Write one thing that period made possible, revealed, or opened up that a clean outcome couldn't have.
3. Don't reframe the mess as secretly good. Just notice what arrived inside it.

Notice: whether the teaching feels like a surprise or something you already knew.

NO OUTCOME REQUIRED.