

The Seven-Day Coherence Invitation

A simple way to notice more clearly, listen more deeply, and take one grounded next step.

A free, human-sized experiment in inner clarity, outer orientation, and grounded action.

NOTICE → LISTEN → ORIENT → RECOGNIZE

CHOOSE → EXPERIENCE → EVOLVE → NOTICE AGAIN

No prior knowledge needed. Most days take 5-10 minutes. There is no score, no required breakthrough, and nothing to prove.

By The Coherence Study

VERSION 1.2 | AUGUST 2026

WELCOME

Begin with experience.

You do not need to understand The Coherence Study before you begin. Each day gives you one short experience. You can do the entire invitation on your own, or use The Coherence Companion when you want a guide, a second set of eyes, or help moving one step at a time.

THE COHERENCE COMPANION

An orientation guide that helps you listen inwardly, see outward reality more clearly, and find one coherent next step.

Try:

Help me get oriented.

Help me listen to what I'm feeling.

Help me understand this news.

Challenge my interpretation.

OPEN THE COHERENCE COMPANION

The Companion opens in ChatGPT. A free ChatGPT account and sign-in are required to use it.

Keep it human-sized. If a practice feels complete, stop. If you become overwhelmed during inward listening, stop and return your attention to the room, the support beneath you, and the world around you.

Privacy in plain language. The Coherence Study does not automatically receive your Companion conversations. OpenAI states that GPT builders cannot view individual conversations users have with their GPTs. OpenAI data use on consumer plans depends on your plan and Data Controls settings.

[OpenAI GPT privacy information](#) | [OpenAI Data Controls](#)

NOTICE

Before you try to change anything, notice what is here.

Take a few quiet minutes. Look around slowly. Notice something you would normally pass without seeing. Listen for a sound you had not been paying attention to. Notice light, temperature, movement, texture, space, or stillness.

Then notice where your attention keeps returning today. You do not need to explain it or decide what it means. Just notice.

There is nothing to accomplish. The practice is simply to become a little more present to what is already here. If something surprises you, interests you, troubles you, or makes you curious, let that be enough.

COMPANION PROMPT

Help me notice what is here without trying to fix or explain it.

OPTIONAL REFLECTION

What did you notice that you might otherwise have missed?

No answer is required. Carry the noticing into the rest of the day.

LISTEN

Bring the same quality of attention inward.

Find a position where your body feels supported. Take 2-4 slow, comfortable breaths without forcing them. You do not need to make yourself calm or make anything change. Whatever is present is not right or wrong, good or bad. It is simply what is here right now.

1. Feel. What am I feeling emotionally or inwardly right now? If it is mixed, unclear, numb, uncertain, or like nothing, that is valid too.

2. Locate. Where do I feel this in my body?

3. Notice. What do I notice in the body itself? Stay with the direct sensation rather than explaining it.

4. Attend and follow. Give what is there room. Notice whether it shifts, moves, intensifies, softens, spreads, contracts, changes location, changes emotional quality, or stays the same. None of those outcomes is better or worse.

5. Listen. If it feels useful, gently ask: What does this seem to be saying to me or asking me to notice, if anything? Does it seem to want or need anything from me? Let the answer, if any, be yours.

Understanding may come immediately, hours or days later, or not today. The practice does not require a conclusion. An inner message is not automatically an external fact or command.

COMPANION PROMPT

Help me listen to what I'm feeling.

OPTIONAL REFLECTION

What was it like to listen without immediately trying to fix or explain what you felt?

ORIENT

Bring inner experience and outer reality into an honest relationship.

Choose one real situation that matters enough to examine and is small enough to look at clearly. Then separate the map into four parts:

WHAT DO I ACTUALLY KNOW?

Name what you directly observed, were told by a reliable source, or can reasonably verify.

WHAT AM I FEELING ABOUT IT?

Your feelings belong in the picture. They do not have to be argued away.

WHAT AM I TELLING MYSELF IT MEANS?

This is interpretation. It may be accurate, partly accurate, or mistaken.

WHAT DO I NOT KNOW YET?

Leave room for uncertainty, missing information, other perspectives, and things that may need checking.

Then ask: What seems to matter most? What is signal and what may be noise? What is within my influence and what is not?

You do not need to decide what to do yet. Orientation is not perfect certainty. It is knowing more clearly where you are on the map.

COMPANION PROMPT

Help me sort what I know, what I feel, what I'm assuming, and what I don't know.

RECOGNIZE

Look for patterns without forcing them.

Stay with the same situation if it still has your attention, or choose another that matters. Ask: **Have I experienced something like this before?** If yes, compare rather than conclude.

- What seems to repeat?
- What tends to happen before, during, and afterward?
- What is similar each time?
- What is different this time?

Then test the pattern:

- What evidence supports the pattern I think I see?
- What would make me question it?
- Is there an example that does not fit?
- Could there be another explanation?

A familiar feeling can make two situations seem more alike than they are. A recurring pattern can also be important before you fully understand it. Keep both possibilities open.

USEFUL SENTENCE

Something here may repeat. I can look more closely.

COMPANION PROMPT

Help me see whether there is a real pattern here without forcing one.

OPTIONAL REFLECTION

What pattern, if any, became clearer when you compared what repeats with what changes?

CHOOSE

Turn clearer orientation into one responsible choice.

Return to the situation or pattern that has your attention. Ask:

- What matters most to me here?
- What part of this is actually mine to influence?
- What am I trying to control that may not be mine to control?

Consider two or three possible responses. For each, ask whether it respects reality and uncertainty, respects the people affected, is proportionate, is feasible, and can teach you something useful.

A useful choice may be a conversation, a question, a fact-check, a boundary, a call, a small piece of work, a period of rest, waiting for better information, seeking qualified help, or consciously not acting yet.

COMPLETE THIS SENTENCE

Given what I know now, the next step I choose is _____.

COMPANION PROMPT

Help me choose one small next step without taking over the decision.

OPTIONAL REFLECTION

Why does this choice seem appropriate for now?

Choice is not certainty. You may revise the step if new information changes the map before acting.

EXPERIENCE

Let the choice meet reality, and observe what comes back.

Before you act, briefly remember what you chose and why. Then ask: **What do I expect might happen?** This gives you something to compare with what actually occurs.

Take the step when it is safe, ethical, appropriate, and within your authority. Then observe:

- What actually happened?
- What did I do? What did others or the situation do?
- What changed? What did not?
- What surprised me?
- What information did I gain?
- What did I feel or notice in myself afterward?

Keep observation and interpretation separate for a moment. **“They did not reply today”** is an observation. **“They do not care about me”** may be an interpretation. Both can matter, but they are different kinds of information.

ASK INSTEAD OF “DID IT WORK?”

What is reality showing me so far?

COMPANION PROMPT

Help me take my next step and notice what reality gives back without judging it too quickly.

OPTIONAL REFLECTION

What happened that you could not have known until you actually experienced it?

EVOLVE

Look back without grading the week.

You do not need a breakthrough, and you do not need to have completed every step. Some things may have changed. Some may still be unfolding. Some may make less sense than before. All of that can be useful information.

Ask what is actually true now:

- What do I notice now that I might have missed seven days ago?
- What became clearer when I separated facts, feelings, interpretations, and unknowns?
- Did I recognize a pattern worth continuing to examine?
- What choice did I make, or decide not to make?
- What happened when that choice met reality?
- What remains unresolved or unknown?

Then ask: What would I keep? What would I revise? What would I release? What deserves more attention?

Revision is learning. Something can be useful because it worked, because it did not work, because it exposed a constraint, or because it weakened an assumption.

COMPLETE THESE SENTENCES

What I understand more clearly now is _____.

What I want to carry forward is _____.

COMPANION PROMPT

Help me learn from the last seven days and decide what I want to carry forward.

If something still has your attention, you already know where to begin: **Notice what is here.**

WHAT NEXT

The doorway is complete. The practice can continue.

Nothing requires you to keep going. You can carry one useful practice into ordinary life, return to the Companion when it helps, repeat the seven-day sequence later, or simply notice what continues to unfold.

THE COHERENCE COMPANION FIELD GUIDE

Seven Days introduced the rhythm. The Field Guide helps you carry it into ordinary life.

Explore Living Orientation, HRM, evidence testing, continuity through Living Orientation Records, responsible Companion practice, the Coherence Library, Observations from the Field, and a practical 30-day continuation.

It also includes a Living Orientation Record template, an Evidence Test Worksheet, and a Weekly Coherence Review.

[OPEN THE COHERENCE COMPANION FIELD GUIDE](#)

PRIVACY & RESPONSIBLE USE

The Coherence Companion is an orientation and reflection aid, not a therapist, physician, crisis service, lawyer, financial adviser, diagnostic system, or decision-maker. Verify consequential information with authoritative sources or qualified professionals.

The Coherence Study does not automatically receive your Companion conversations. OpenAI states that GPT builders cannot view individual conversations. OpenAI data use on consumer plans depends on your plan and Data Controls settings.

[OPEN THE COMPANION](#)

[SHARE OPTIONAL FEEDBACK](#)

Free ChatGPT sign-in required.

Feedback is optional and separate from your private Companion conversation. Share only what you choose.