WORKSHEET **Weekend Catch Card**

Pick two or three starters. Tick each one when you try it, and write a word or two about the moment. On Sunday night, answer the last three lines.

Friday night: ☐ One-breath pause ☐ Say it out loud ☐ One photo ☐ Three good things ☐ "That was good"

The moment: _____

Saturday: ☐ One-breath pause ☐ Say it out loud ☐ One photo ☐ Three good things ☐ "That was good"

The moment: _____

Sunday: ☐ One-breath pause ☐ Say it out loud ☐ One photo ☐ Three good things ☐ "That was good"

The moment: _____

Carry-on row (one tick a day for the starter you keep):
☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri

The best catch of my weekend: _____

The starter that felt most natural: _____

The starter I'll keep this week: _____

© 2026 Blake Tenney · From *Good Radar* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads