PRESENCE OVER PURRFECTION

Your SuPURR Take-Home Guide



You do not have to feel ready to begin.

Maybe you came to today's session carrying something: a conversation you have been avoiding, a decision you cannot quite make, a need for rest you keep putting off, or the feeling that you should be doing more.

The SuPURR approach gives you six questions to return to. Not six more things to get right. Just six gentle ways to notice what is here and choose one next step.

Pick one situation. Keep it in mind as you move through the questions below. You do not have to solve your whole life today.

S | SAFETY

What would help me feel supported?

Instead of demanding courage, arrange support. A boundary, a plan, a quieter place, or a person you trust can make the next step manageable.

One support I can put in place: _____

U | UNDERSTANDING

What do I know, and what story am I telling myself?

Separate what actually happened from what you fear it means. A missing reply is a fact; "I am bothering them" is an interpretation.

What I know: _____ The story I added: _____

P | PRESENCE

Where is my attention?

For two minutes, be fully here. Notice what you can see, hear, and feel. When your mind wanders into tomorrow, gently return to what is in front of you.

My two-minute moment today: _____

Keep coming back to what matters

Continue with the questions that meet you where you are.

U | UNWINDING

What is mine to do?

Joy and play are not rewards you must earn. Release the job of carrying everything. Ask what actually belongs to you, and let one unnecessary pressure go.

One pressure I can set down: _____

R | RECEIVING

Can I let support in?

Practice accepting a compliment, an offer, or a kindness without explaining it away. Try: “Thank you. I’d appreciate that.”

One thing I can receive this week: _____

R | REST

What needs to be arranged so I can stop?

Rest is not proof that you have finished everything. Make it possible: decide what can wait, what needs coverage, and when you will pause.

One small rest arrangement: _____

Your little brave thing

Presence begins with what is here, not with waiting to feel ready.

Right here. Right now. I can _____

What is one small thing you can do, allow, or receive in this moment?

You do not have to make tomorrow a prerequisite for today.

A practice you can return to

When you feel stuck, overwhelmed, or pulled in six directions, use this simple three-minute check-in.

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1. Name what is here.

“Right now, I am feeling _____.” No fixing, judging, or pretending.

2. Choose one SuPURR question.

Which of the six questions would be most useful today? You only need one.

3. Take one little brave step.

Choose an action that takes two to ten minutes. Send the message. Ask for support. Step outside. Put the phone down. Arrange a break.

4. Let that count.

You can make progress without pushing yourself past your limits. Notice what you did instead of immediately moving the finish line.

Stay connected

The conversation does not have to end with today’s keynote. PurrCon brings cat-loving people together through community, events, and experiences inspired by what cats can teach us about living well.

You are part of the PurrCon Community now, so watch your inbox for future gatherings and ways to stay involved. Know someone who needs this today? Share kjontheair.com/join.

A little reminder from KJ

You do not have to become someone else before you begin. Look at what is in front of you. Choose what is yours to do. And take one little brave step.

With warmth and purrs,
KJ McGlinn
Founder, PurrCon | Creator of the SuPURR approach