

Chapter 2 – Analog Patience

Analog Loading Wheel: DIY Spinner

Use this spinner to practice buffering-style patience.

Whenever you're feeling rushed or overwhelmed, spin the wheel, breathe deeply, and give yourself a moment to pause.

Instructions:

1. Print on card stock or heavier paper.
2. Cut out the circle and arrow below.
3. Attach the arrow to the center of the wheel with a paper fastener or push pin.
4. Spin and take a moment for reflection, breathwork, or a stretch before continuing.

Cut out this arrow & attach it to center

