Trace Your Thread

A porch-side guide for looking back at your own life

From Lisa, Porch Keeper

A note before you begin

Friend,

I'm glad this found you. I'm Lisa, and I call myself a Porch Keeper, which simply means I sit, I listen, and I hold space for people to see what they've been carrying. Most of us carry far more than anyone has ever noticed.

I made this guide as a gift. There is nothing to sign up for, nothing to send back, and no right way to do it. No one will read your answers unless you decide to share them.

What is a thread?

Every life has a thread running through it. It starts in childhood and runs all the way to where you are today. When you trace it, something surprising happens. The seasons you thought were wasted, overlooked, or simply hard begin to look like preparation. I didn't see that in my own life until much later, and when I finally did, I stopped talking about myself as someone who had been passed over and started seeing someone who had been prepared.

You don't need to be a writer. Short answers are fine. Words, names, and half-sentences are fine. Skip anything that isn't ready to be answered.

How to use this guide

Find a quiet place. Pour something warm. Take one section a day or all seven in a sitting. Write with a pen if you can. Go slowly.

1 Beginnings

Where did this start?

Think back to your earliest memories. Who was around you? What did you love to do? What did you notice that other people didn't?

2 Turning points

When did things shift?

Some moments divide your life into before and after. They aren't always large or loud. Name one or two, and what changed because of them.

3 Invisible years

What happened unseen?

Think of the seasons when you worked, served, or carried on and no one noticed. What did you learn in those years that you still use today?

4 Who showed up

Who saw you clearly?

Name the people who noticed you, encouraged you, or stood beside you. What did they see in you that you couldn't see yet?

5 What you carried

What weight did you hold?

Every life has weight: work, family, loss, responsibility, secrets. Write down what you carried, and how you kept going.

6 The preparation

What were you prepared for?

Look back at the first five sections. What skills, patience, or understanding did those seasons give you? What are you able to do now because of them?

7 Your thread

What's the line through it?

Read what you wrote. What keeps showing up? In a sentence or two, what is the thread that runs through your whole life?

When you're finished

Read your answers slowly, as if they belonged to someone you care about. Notice what you see now that you couldn't see before. Nothing here needs to be fixed. You are not behind. Your life has been teaching you all along.



If you'd like someone to help you look at your thread, I'm here. We can simply talk. I'll listen for what you've been carrying and help you see it clearly.

When you're ready to trace your thread, I'll listen.

Lisa, Porch Keeper

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