

introduction

I wanted to wish you good morning.

I wanted to wish you good night.

I started to write these on Twitter,

A way of just being polite.

I'm really quite hooked on the Twitter,

They should take my phone out and lock it.

The biggest distraction for someone like me?

An audience up in my pocket.

So I start the day with a greeting.

And end with a night variation.

It safeguards my evenings and weekends at home,

To sign off, a mini-vacation.

The greetings are sometimes flirtatious,
Or cheeky, or weirdly specific.
They're pulled from my life or my brain or my thoughts,
Terrific'ly Twitter prolific.

I don't have a book of quotations
Or wisdom I pull from the shelf;
Most often the greetings I wish you
Are the greetings I wish for myself.

So if I write "relax," then *I'm* nervous,
Or if I write, "cheer up," then I'm blue.
I'm writing what I wish somebody would say,
Then switching the pronoun to *you*.

And after a few years of greetings,
They started to vary in tone;
And people said, "Lin, your gmornings and nights
Are the nicest things up in my phone."

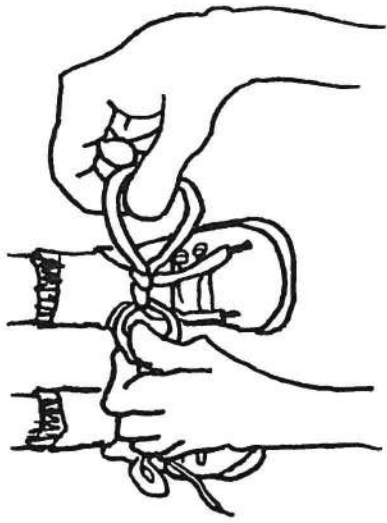
Now I get tweets like "This saved me"
Or often, "I need this reminder."
You tell me, "I printed this out and I keep it
Around, on my desk, in my binder."

So you asked, "Will you make a book, please?"
I replied, "Oh, consider it done."
Then I reached out to Cassandra Tidland
Who lit'rally RT's my best T's for fun.

And speaking of best T's, and besties,
There's besties I've made through my writing.
Among them is polymath Jonathan Sun,
His drawings and words so inviting.

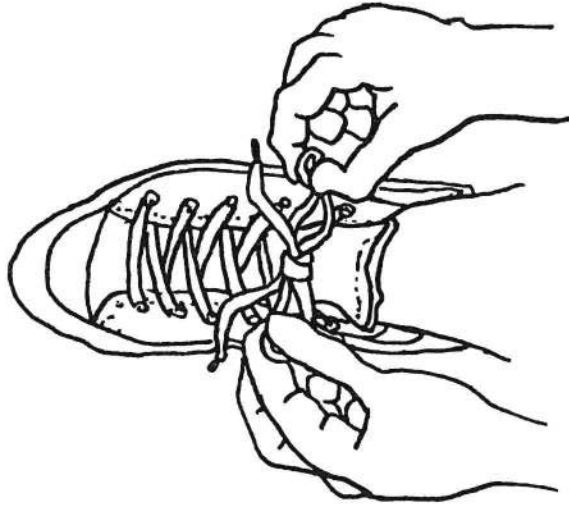
Then we sat down together and made this;
It's the book that you hold in your hands.
You can open it at any moment or page
With the hope you find something that lands.

And it's nice to have things to hold on to,
Some kindness right here, within sight.
You can read this whenever you want to.
It will be here. Gmorning. Gnight.

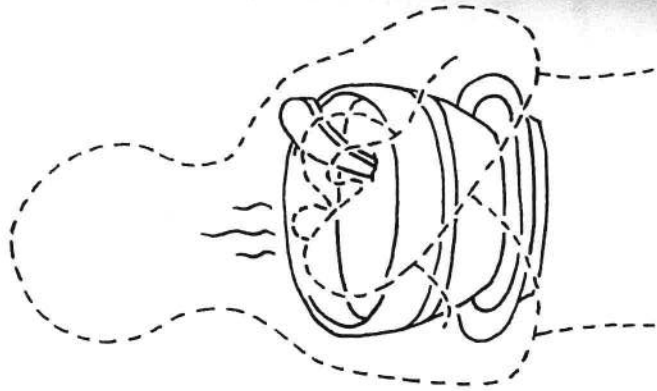


Good morning.
Take care of each other.
Take care of yourself.
Repeat.

Good night.
Take care of each other.
Take care of yourself.
Repeat.

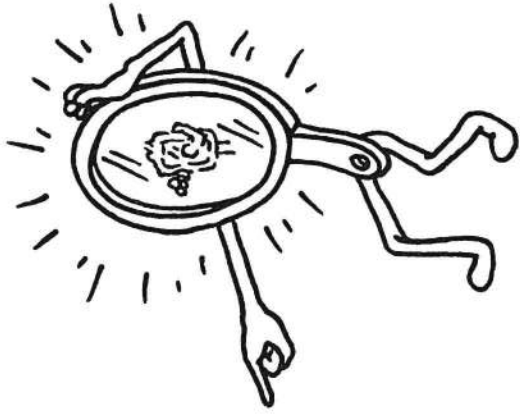
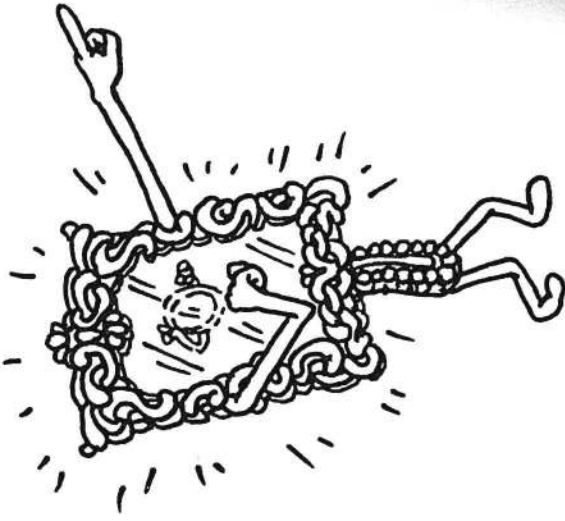


Gmorning.
Set the thermostat for your heart today.
The temp where you like it.
You know yourself, you know what you need.
Take your time.



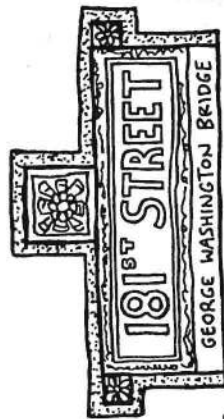
Gnight.
Set the thermostat for your heart tonight.
The temp where you like it.
You know yourself, you know what you need.
Take your time.

Gmorning.
Look at you!
Damn, you all right!
Pssh. They ain't ready for you!

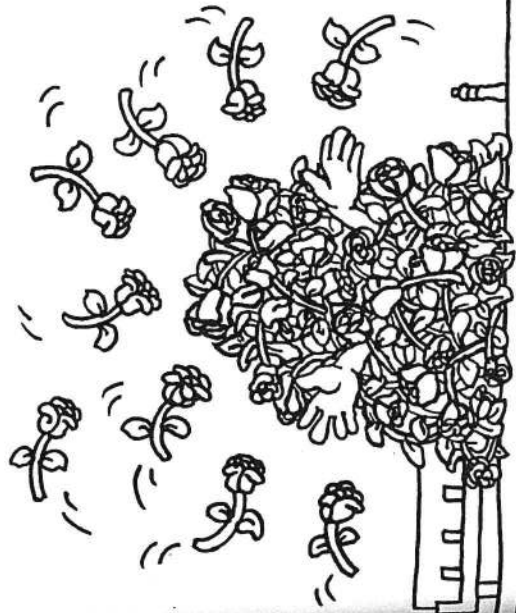


Gnight.
Dag, check you out!
Told you they weren't ready.
Rest all that greatness!

Good morning.
You are perfectly cast in your life.
I can't imagine anyone but you in the role.
Go play.

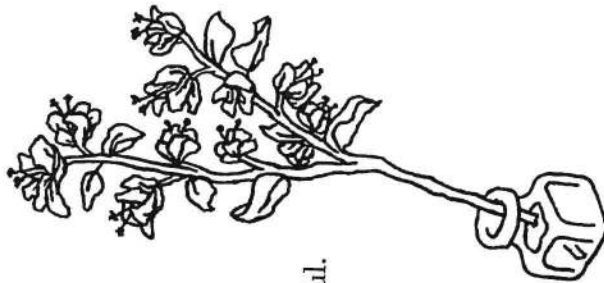


Good night.
You are perfectly cast in your life.
And with so little rehearsal too!
It's a joy to watch. Thank you.

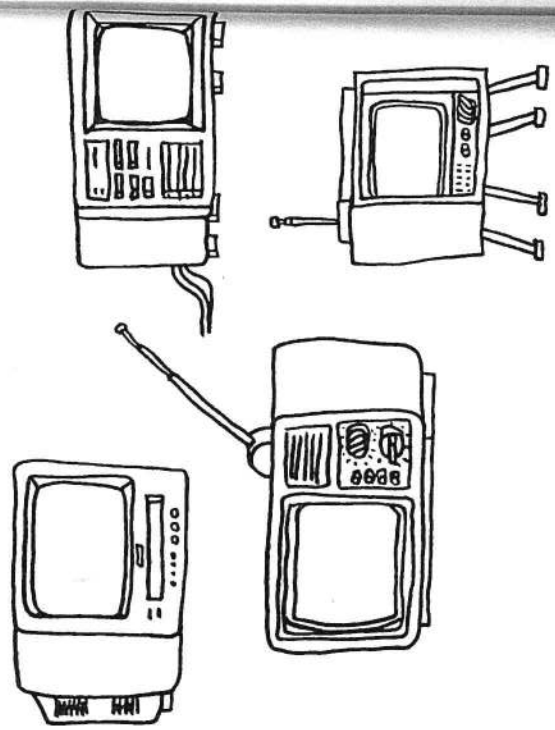


Gmorning.
Tired, but grateful.
Sick, but grateful.
It's grey out, but I'm grateful.
So much easier to start with grateful.

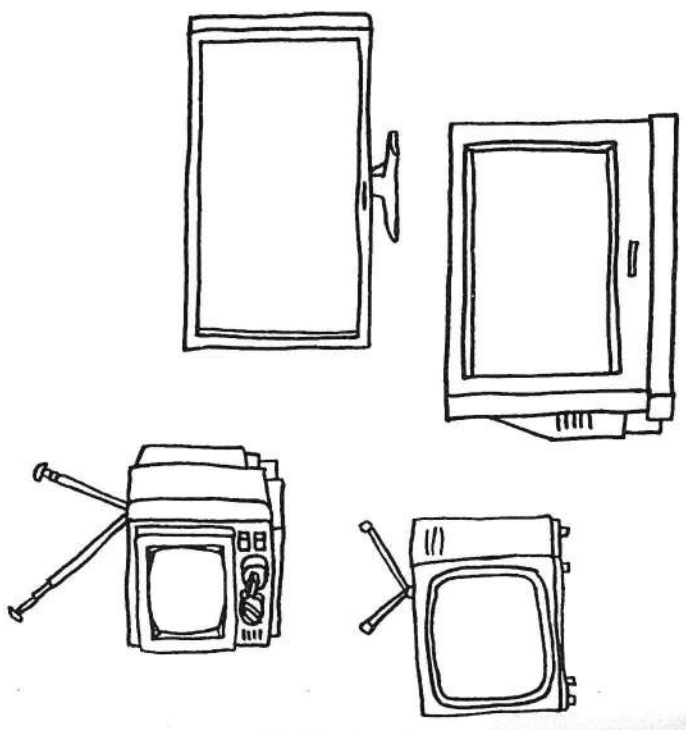
Gnight.
Tired, but grateful.
Sick, but grateful.
It's dark out, but I'm grateful.
So much easier to end with grateful.



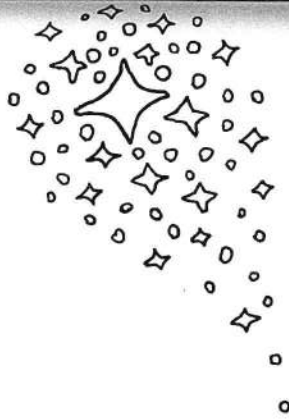
Good morning.
Everything could change today.
Or one tiny, vital thing.
What it WON'T be is a rerun of yesterday.
Let's see.



Good night.
Everything could change tomorrow.
Or one tiny, vital thing.
What it WON'T be is a rerun of today.
Rest up.

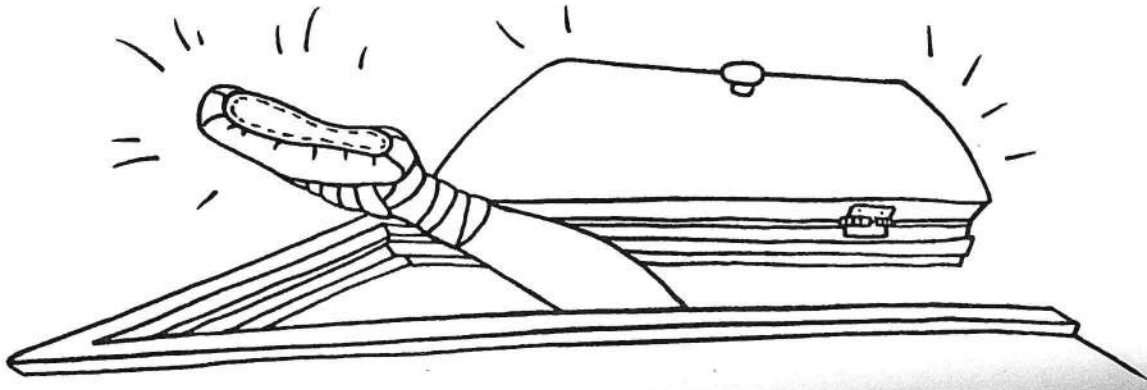


Gmorning, love.
Your best impulse, that selfless impulse, let
it take the wheel.
Let it drive you toward the person you
dreamed you'd be.



Gnight, love.
That need to rest, that constructive impulse, let
it take the lead.
I hope you dream the best, coolest shit. Let's go.

Good morning! Wear
sensible shoes as you
kick down doors!
Whoopshh!

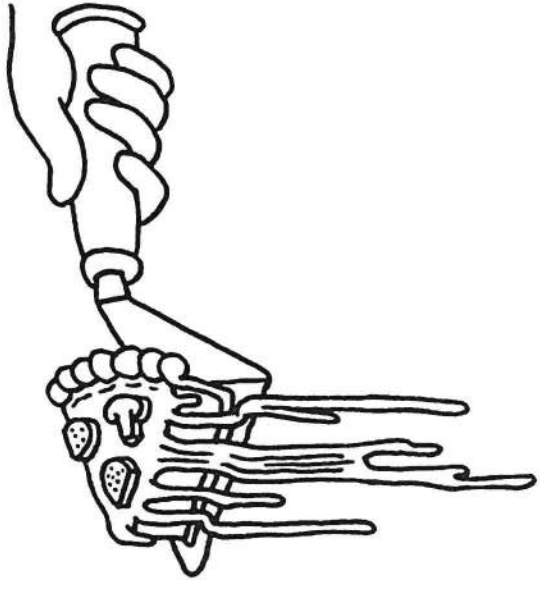
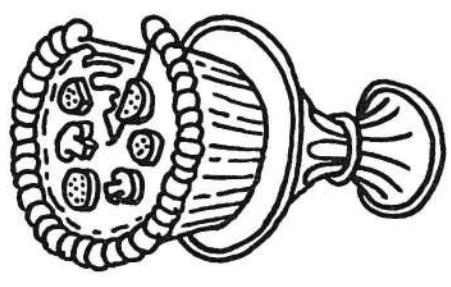


Good night! Take off
your sensible shoes, put
on your dancin' shoes,
you deserve it.

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Good morning, you magnificent slice of perfection.
Yeah, you.



Good night, you generous helping of
flawlessness. I'M LOOKING AT YOU.



Gmorning.

Relax your shoulders.

Gah, you didn't realize they were all tensed up, did you?

Me neither!

Okay, let's go.

Gnight.

Relax those shoulders.

The day makes 'em seize up on all of us.

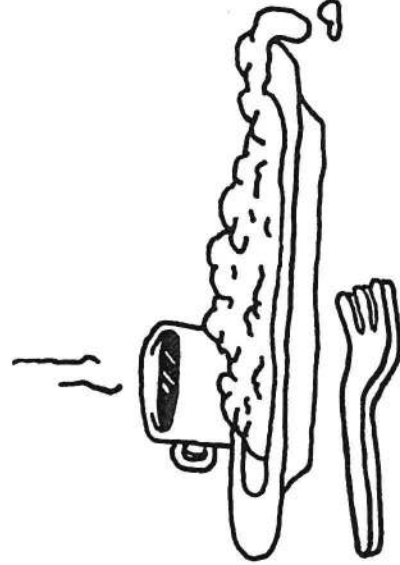
Oof. Get some rest.

Okay, sleep easy.



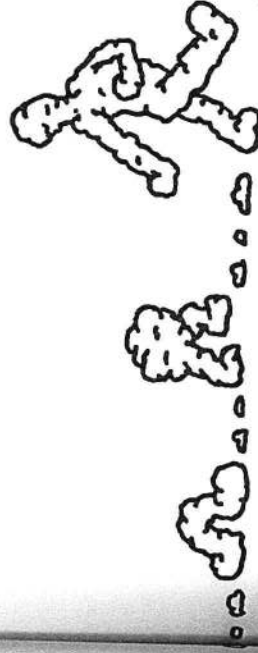
Gmorning!

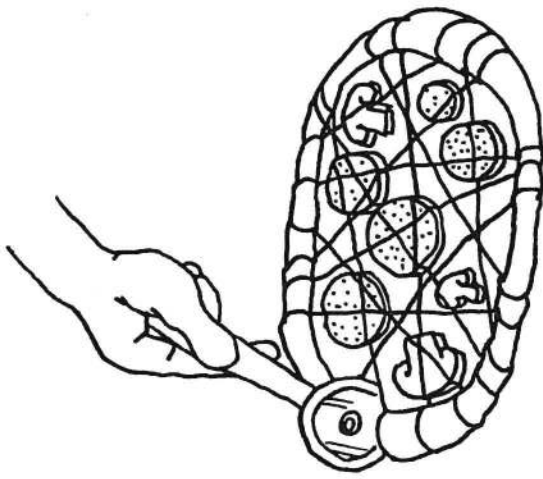
The moment that connects you to your true passion
might be on the other side of breakfast.
Or just a baby step there.
Let's see!



Gnight!

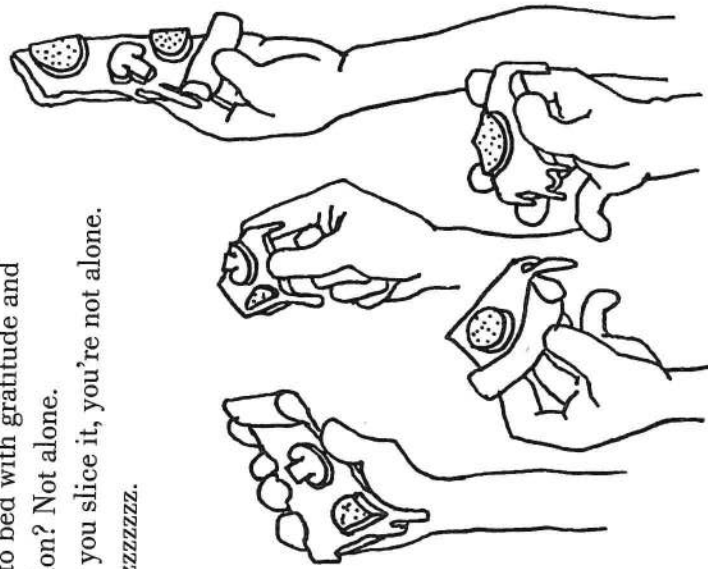
The moment that connects you to your true passion
might be on the other side of tonight.
Or just a baby step there.
Let's see!



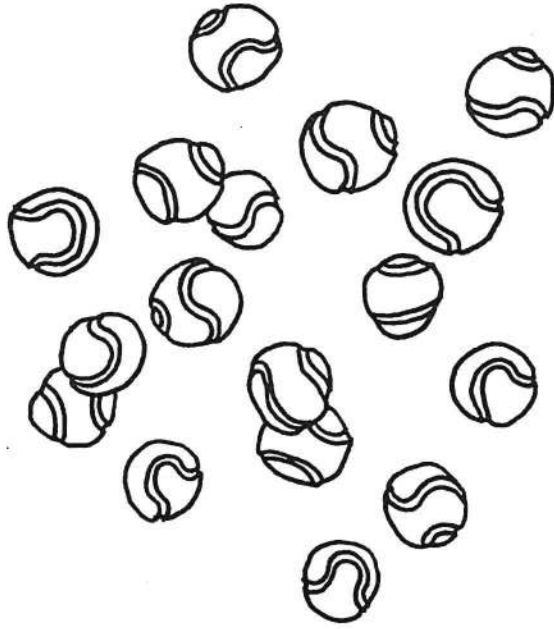


Gmorning!
 Woke up achy and sad? Not alone.
 Woke up with purpose and joy? Not alone.
 Any way you slice it, you're not alone.
 Let's go.

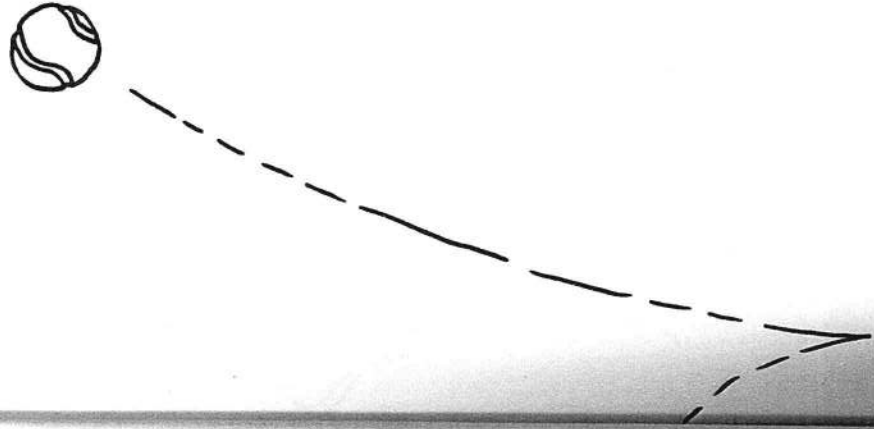
Gnight!
 Headed to bed achy and sad? Not alone.
 Headed to bed with gratitude and
 satisfaction? Not alone.
 Any way you slice it, you're not alone.
 Let's zzzzzzzzzzz.



Good morning, beautiful.
Make someone happy today.
I promise you it'll bounce back.



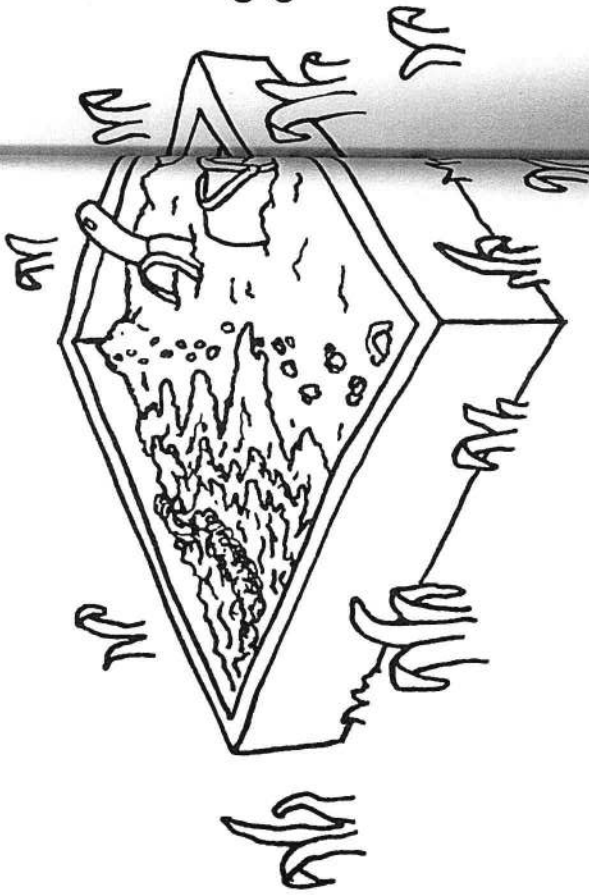
Good night, beautiful.
Make room for happiness tomorrow.
If you make room for it, it'll show up.



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Gnight.

Good morning.
Keep busy while you wait for the miracle.

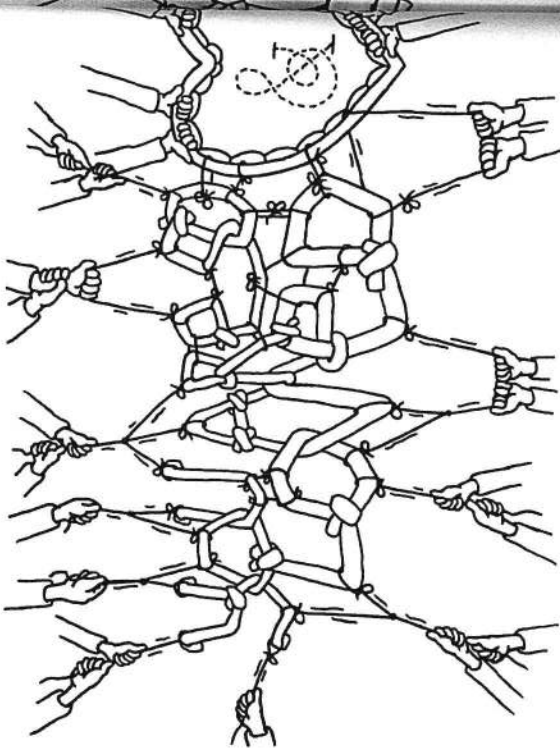


Good night.
Get some rest while you wait for the miracle.

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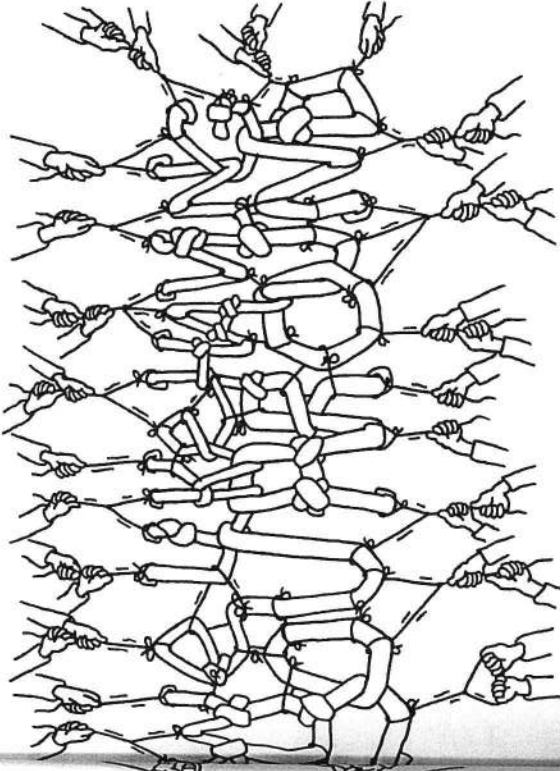


YOU ARE SO LOVED AND WE LIKE
HAVING YOU AROUND.

*ties one end of this sentence to your heart,
the other end to everyone who loves you,
even the ones you haven't heard from for a
while*

checks knots
THERE. STAY PUT, YOU.

Gnight.



YOU ARE SO LOVED AND WE LIKE
HAVING YOU AROUND.

*ties one end of this sentence to your heart, the
other end to everyone who loves you in this life,
even if clouds obscure your view*

checks knots
THERE. STAY PUT, YOU.
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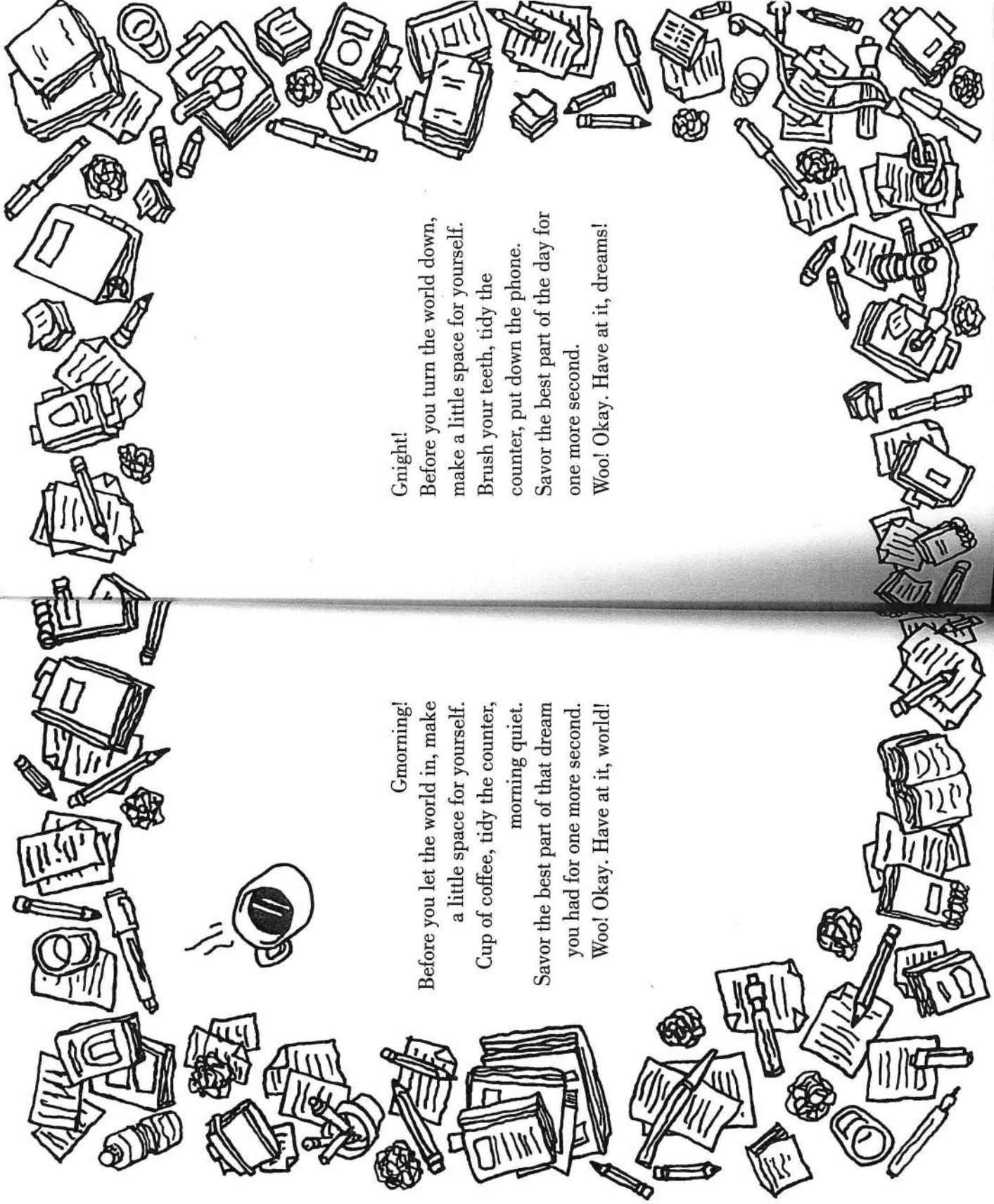
Gmorning.
Check your pockets.
Got your keys?
waits
Okay, let's go!



Gnight.
Check your brain.
Got your dreams ready?
waits
Okay, let's go!

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Gmorning!

Before you let the world in, make
a little space for yourself.

Cup of coffee, tidy the counter,
morning quiet.

Savor the best part of that dream
you had for one more second.

Woo! Okay. Have at it, world!

Gnight!

Before you turn the world down,
make a little space for yourself.

Brush your teeth, tidy the
counter, put down the phone.

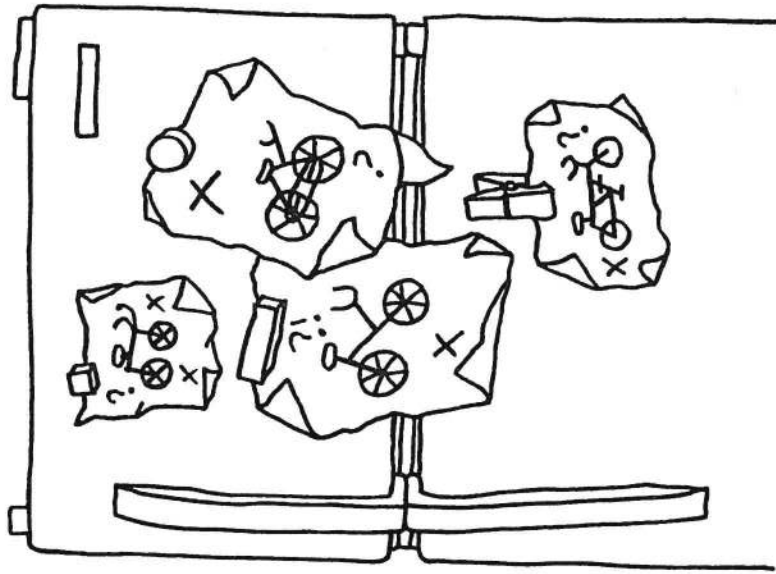
Savor the best part of the day for
one more second.

Woo! Okay. Have at it, dreams!

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Good morning!
Good morning!
Let's make some new mistakes!
Let's find the things worth saving in the mess our
living makes!



Good night!
Good night!
Let's make some new mistakes!
Let's stumble toward success and pack some snacks
for little breaks!



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Gmorning!

You're gonna make mistakes.

You're gonna fail.

You're gonna get back up.

You're gonna break hearts.

You're gonna change minds.

You're gonna make noise.

You're gonna make music.

You're gonna be late, let's GO.

Gnight!

You're gonna fall down.

You're gonna be tested.

You're gonna learn about yourself.

You're gonna get brave.

You're gonna take stands.

You're gonna make waves.

You're gonna make history.

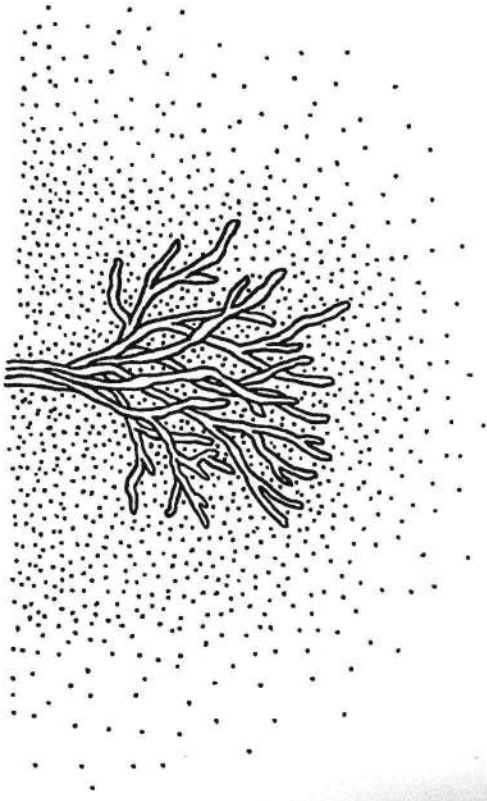
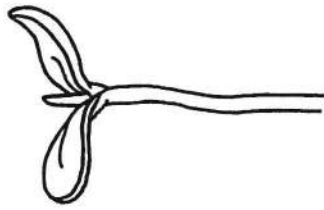
You're gonna need rest, REST UP.



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Good morning.
Lead with gratitude.
The air in your lungs, the sky above you.
Proceed from there.



Good night.
Curl up with gratitude.
For the ground beneath you, your beating heart.
Proceed from there.

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Good morning, he said.
Be at home in your head.
Make sure joy is well fed.
Don't let dread hog the bed.



2

Good night now, and rest.
Today was a test.
You passed it, you're past it.
Now breathe till unstressed.



3