

Noticing - January 2026

Week 2: Seeing More Clearly

What has been quietly repeating
itself in your days lately?

What emotion keeps visiting,
even when you're busy with
other things?

Notice what feels heavy right now —
and what feels surprisingly light.

What are you clearer about today
than you were at the start
of the month?

Where do you find yourself
resisting — and what might
that be protecting?

What feels true when you stop
explaining it to yourself?

What would it look like to simply
acknowledge what you see,
without changing it?

Clarity doesn't require certainty.
Only attention.