

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.