



one inky  
morning

## Noticing - January 2026

### Week 4: Letting It Settle

What feels complete enough for now?

What can you leave unfinished?

What are you ready to stop carrying forward?

What surprised you this month?

What feels quieter than before?

What doesn't need more attention?

What would you thank yourself for?

Words can come before clarity.

That's enough for now.