

Returning - February 2026

Week 1 : Beginning Again

How does the page feel to you today — familiar, distant, welcoming, neutral?

What kind of return feels possible right now: brief, quiet, tentative, steady?

What part of this practice feels easiest to step back into?

What do you need less of as you begin again?

What has stayed with you since the last time you wrote?

What would a gentle rhythm look like for you this week — realistically?

If this return didn't have to mean anything, what might you write first?

Begin where you are.
The page will meet you there.