

Noticing - January 2026

Week 1 : Arriving

What does this morning already hold,
before you add anything to it?

Notice the light today.
Where is it falling?

What sounds are part of your morning
right now?

What feels quiet —
even if life isn't?

What are you carrying into today
that doesn't need solving?

What small detail keeps returning
to your attention lately?

What would “enough” look like today —
not perfectly, just honestly?

This page is not a task.
It's a place to arrive.