

## Noticing - January 2026

### Week 3: Naming What's Here

What feeling has been lingering in the background of your days lately?

If you had to name the tone of this week, what word fits best?

What keeps returning to your attention, even when you don't invite it?

What feels heavier than you expected — and what feels lighter?

Name one thing you've been avoiding putting into words.

What truth feels quiet but steady right now?

If this moment had a name, what would you call it?

Words can come before clarity.  
That's enough for now.