

Journaling with One Inky Morning

Noticing - January 2026



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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?

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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?

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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?

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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?

You don't need to respond to every prompt.

You don't need to write every day.

There is no order to these pages.

Choose one prompt.

Write slowly.

Let it be enough.