



Questions to Try On This January

Use this page as a gentle space for reflection.

These questions are not meant to be rushed or “answered correctly.”

They are invitations, **to notice**, **to listen**, and **to reconnect** with what matters most.

You may choose to reflect on one question, a few, or return to them over time.

Let them land where they land.

1. How do I want this year to feel in my body, mind, and heart?

(Consider your energy, your nervous system, and your emotional wellbeing.)

2. What is one thing I want to prioritise for my health and wellbeing this year — and why does it matter to me?

3. What am I ready to release because it no longer serves me?

(This might be a habit, belief, expectation, or way of relating.)

4. What small daily practice helps me feel grounded, calm, or energised?

(Remember: consistency matters more than intensity.)

5. Where do I want to grow this year — gently, sustainably, and with self-compassion?

6. What support do I need to stay well this year?

(This could be practical, emotional, professional, or relational.)

7. What would “enough” look like for me in 2026?

(Enough rest. Enough balance. Enough joy. Enough presence.)

A Gentle Reminder

These reflections are not a checklist.

They are a conversation with yourself.

Let them simmer.

Let them evolve.

Let them quietly shape your direction, in ways that feel true for you.