



THINKING JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 What would our ancestors ask me to slow down?	2 Which inner disagreements or entanglements ask for my most exquisite attention?	3 What roots are feeding the stories that remain on the edge of my skin, tickling, burning, or chilling?
4 What more do we think, or feel, or want to say?	5 What will make my thinking partner(s) feel at ease today?	6 Which inherited soil am I standing on right now?	7 What composted emotion is shaping how I/we speak today?	8 Which assumption is probably right for composting right now?	9 What wants to grow here if “we” stop defending?	10 What story is spreading faster than my listening?
11 If I were 200% more curious, what would open up for me? And us?	12 What would it look, sound, or feel like to hold multiple truths?	13 What care practice could this conflict or tension be asking for?	14 My body is the first place I can show appreciation to; what does it mean to me today?	15 What do I hear when I talk to the rocks, the soil, or the landscape near me?	16 If and where there is tension, what unseen threads are already connecting us anyway?	17 How are we already affecting each other’s becoming?
18 What is the shape, the smell, the humming sound, the temperature, of this relationship?	19 Am I ready to let people in this relationship think for and as themselves, always?	20 How will this conversation breathe, oxygenate, flow, connect?	21 Pop into the House of Trust (link) and listen to podcast guests on Community Healing, Resilience and Slowness	22 What does my future self hear when I communicate with grace and empathy?	23 What do I need today to keep thinking independently for myself and as myself?	24 Sign up for new Conscious Innovation Updates if you’re keen!
25 What is longing to be combined, experimented with, stayed entangled, and not resolved?	26 What conversation needs darkness to become fertile?	27 What am I protecting that no longer feeds life?	28 Where might I be damming movement instead of opening up for the stream to flow?	29 How might I listen for what is not yet possible to say?	30 What is at the heart of a gentle encouragement and appreciation?	31 What do I want to capture for myself as January comes to an end?