

THINKING FEBRUARY 2026*

* The "you" in the questions is singular or plural - you choose!



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conscious
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SUN	MON	TUE	WED	THU	FRI	SAT
1 What does "enough" feel like today, without proving, overproducing, or performing?	2 What part of you shows up already complete, needing no validation?	3 What have you passed by that's been gently calling your name?	4 What needs untethering?	5 What does "grace" feel like in your bones today?	6 What story is trying to escape from your surroundings since you arrived?	7 Look at the unsaid, listen to the invisible, what do you notice?
8 <u>What makes the Intimacy of a Dialogue?</u> (LINK)	9 What is the silence between your thoughts telling you?	10 Your values are drawing a map, which way do you take?	11 Pick the most recent episode of <u>the House of Trust podcast</u> and answer the 1st question!	12 What part of you is ready to be welcomed back home?	13 What old wound is quietly asking for kindness, not fixing?	14 Subscribe to the <u>Conscious Innovation Updates</u> or share the <u>link with someone!</u>
15 If rest seems inaccessible for now, what shape and colour does it take when it is dreamt of?	16 What words does your soul hum when no one is listening?	17 <u>Find out about how to name your stuckness and name it</u> (LINK)	18 What memory still holds your hand when you're alone?	19 What are you protecting by staying in this intersection?	20 What would love do, if it were standing exactly where you are?	21 What window have you been walking past that's waiting to be looked through with patience?
22 What does your breath know that your mind has half forgotten?	23 What can you gently name to dissolve roughness?	24 What does it mean to be held and to hold, in your work?	25 What are you allowing to simply *be* in this relationship, without changing it?	26 What does your stillness teach you about movement?	27 What if the way forward is not a step, but a radical softening?	28 If you knew what a gap contains, what would change for you?