

# THINKING IN MAY 2026

**Understanding  
Soft  
Boundaries**



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conscious  
innovation

SUN	MON	TUE	WED	THU	FRI	SAT
					1 What do you notice that usually remains unseen?	2 If you stop trying to resolve, and sit with the system instead, what does it sound, feel, or taste like?
3 What matters to you today, really?	4 When you redirect attention from answers to relationships, what changes for you?	5 What are we trying to simplify that may need to remain complex?	6 What tensions are you trying to eliminate rather than understand?	7 How are you shaped by the systems you seek to change?	8 What makes your work possible, and what does this work make invisible?	9 Where might you be reproducing the patterns you critique?
10 What can your day become when you let "ease" come in?	11 Where there is tension, what is happening between people that is not being named?	12 What are you feeling that you can not talk about?	13 Think about something not yet complete. What can you not know in this situation?	14 What assumptions are you holding as true, and that yet... might not be?	15 What happens when you drop the urge to measure, box, categorise and let things be fluid again?	16 What might be lost when you turn a gritty situation into data or outcomes?
17 If you were to write a headline about this month in 10 years, what would it say?	18 What's the most encouraging way for you to view what remains of 2026?	19 What responsibility is yours, and what is not, eventually?	20 How does your body respond when you think about your question today?	21 What would it mean to set a boundary without withdrawing care?	22 How might expressing your feelings help you think better today?	23 What becomes visible if you slow down?
24 If the coming week was resolved perfectly, what would they look/feel like?	25 What's a nourishing way to challenge your (or your team's) current thinking this week?	26 What changes when you listen without trying to reply?	27 What absorbable information might be needed today to help you move forward?	28 Which untrue assumption do you need to let go of to flourish and be in connection?	29 In which ways can you tell your body and mind today, that "you matter"?	30 What stands out for you this month that you cherish & will carry forward next month?