

January Quiet Goals



ONE GENTLE FOCUS
WHAT WANTS YOUR
ATTENTION THIS MONTH?

- ☐ REST
- ☐ HEALING
- ☐ HOME
- ☐ CREATIVITY
- ☐ SIMPLICITY
- ☐ TENDING SOMETHING
ALREADY BEGUN

MY JANUARY FOCUS IS:

ONE BOUNDARY
WHAT ARE YOU SAYING “LESS”
OR “NO” TO—SO THERE’S
ROOM FOR QUIET?

- EXAMPLES:
- OVERBOOKING
 - SCROLLING BEFORE REST
 - RUSHING DECISIONS
 - EXPLAINING MYSELF

ONE SUPPORT
WHAT WILL HELP HOLD YOU
WHILE YOU MOVE THROUGH
THIS MONTH?

- EXAMPLES:
- MORNING LIGHT + COFFEE
 - FEWER DECISIONS
 - A WEEKLY CHECK-IN
 - A TRUSTED PERSON
 - A STEADY ROUTINE

ONE TINY WEEKLY STEP

WHAT IS THE SMALLEST
REPEATABLE ACTION THAT
HONORS YOUR FOCUS?
(IF IT FEELS ALMOST TOO EASY,
YOU’RE DOING IT RIGHT.)

- EXAMPLES:
- 10 MINUTES OF TIDYING ON
SUNDAYS
 - WRITE ONE PAGE EACH WEEK
 - CLOSING THE LAPTOP BY 6PM
 - LIGHTING A CANDLE BEFORE
STARTING THE DAY

