

# January Check-In

A simple reflection to help you start the year without pressure.

How does January feel for me right now?  
(There's no right answer.)

What's been taking up most of my energy lately?  
(Emotionally, mentally, or practically.)

What would help me feel even 5% more supported this month?  
(Be kind. Think small.)

What's one thing I'm ready to loosen my grip on?  
(A thought, expectation, habit, or pressure.)

You don't need a full reset.  
You don't need to have it all worked out.  
Small shifts still count.