



The Road To Simple

# Gentle January

*Last year left clues about what worked well and what didn't...*

## Your Energy:

What felt draining last year?

What felt nourishing or grounding?

When did I feel the most like myself?



## Your Time:

Where did your schedule feel too full?

Where did you feel calm and present?

Did your time reflect what mattered most to you?



## Your Home

Which spaces felt more peaceful?

Which ones caused low levels of stress?

Were there areas you avoided because they felt overwhelming?



*Let these answers guide you in creating gentle habits for the new year.*

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