

January 2027

A Month of Wisdom

One question or small practice to think about

MON	TUE	WED	THU	FRI	SAT	SUN
				1 New Year's Ask yourself: what is in my control today?	**2** Spend ten minutes deciding what you really need	**3** Write what you would do if nobody judged you
4 Notice one thing you complain about and drop it for a day	**5** Imagine today is a gift you may not get again	**6** Do one thing slowly, as if it were a craft	**7** Ask: what would a wise friend say about this worry?	**8** Watch your thoughts for five minutes	**9** Ask: will this matter in five years?	**10** Pick one habit that shapes who you are becoming
11 Speak well of someone who is not present	**12** Sit quietly and let your mind settle like muddy water	**13** Write down one belief and ask what would change it	**14** Do one thing today only because it is right	**15** Name one thing you have more than enough of	**16** See a hard day as training for a strong mind	**17** Walk without a goal and see where you end up
18 MLK Day Ask: am I acting from fear or from values?	**19** Write down one thing beyond your control, then let it go	**20** Choose your words with care in every conversation today	**21** Listen more than you speak today	**22** Spend an hour without comparing yourself to anyone	**23** Do a task as if it were the only task in the world	**24** Think of someone you wronged and write what to say
25 Ask: what is the smallest honest step I can take?	**26** Accept one thing you cannot change today	**27** Do someone a service with no wish to be thanked	**28** Write down what you want to be remembered for	**29** Look at a simple object as if for the first time	**30** Write one lesson from this month in a single sentence	**31**