

How Was January?

Written by Lillian Cheboski

Saturday, 03 February 2024 12:08

Volume 13, Issue 05: How Was January?

When I look at my past day or even week and see the messes I make, I am grateful for the opportunity each new day or week brings for me to begin again and do better. We are now at the start of a new month and I don't want to miss the opportunity to reflect on the just ended month of January.

We have come to the end of the first month of the year. It's a good time to pause and reflect on whether we are on course or not before we go far into the year.

I recently read somewhere that every moment is an opportunity to begin again. That taking time for self reflection is an important habit for one's growth and wellbeing. And it doesn't have to be limited to the start of the year.

Reflecting allows you to validate, celebrate, and learn from your experiences, which can inform how you move mindfully into the rest of the year.

Here are some questions to inspire your January reflections:

- How would you describe your January?
- What did you learn?
- What achievement do you need to celebrate?
- Is there anything you would change if you were to go back to the start of the year?
- If you could go back to the start of the year, what advice would you give yourself?

And as you get started with the new month of February, here are a few questions to consider:

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- Would you say you are happy with the way you are doing so far?
- Would you say you are off to a good start?
- Are there areas you need to correct course?
- Are there areas you need to double down on?

For His Glory,

Lillian Chebosi