

JANUARY

Gentle Reset Calendar

31 SIMPLE WAYS TO BEGIN THE YEAR



1
Light a candle and take three deep breaths before breakfast.



2
Write down one thing you're grateful for today.



3
Declutter a single drawer or shelf — nothing more.



4
Go for a short walk and notice something beautiful.



5
Drink a full glass of water before your morning coffee.



6
Message a friend just to say hello.



7
Go screen-free for one evening.



8
Cook or bake something from scratch.



9
Sit in silence for five minutes and breathe.



10
Do something kind for your future self — prep lunch, tidy a space or plan rest.



11
Wrap yourself in a blanket and read for half an hour.



12
Go outside at sunrise or sunset and just look.



13
Make a cup of tea and do absolutely nothing while you drink it.



14
Reflect on one lesson the past year taught you.



15
Write down three intentions for the months ahead.



16
Turn on soft lighting, light a candle and unwind early tonight.



17
Spend time in nature, no matter the weather.



18
Listen to your favourite music — really listen.



19
Cook something nourishing that makes you feel good.



20
Write a kind note to yourself for when you need encouragement.



21
Declutter your phone — delete old photos, apps or messages.



22
Give yourself permission to rest.



23
Go for a walk and notice the sounds of winter.



24
Do something creative — journal, draw or craft.



25
Make a list of small things that make you feel calm.



26
Practise gratitude for someone who made a difference in your life.



27
Stretch for five minutes before bed.



28
Turn off your phone one hour before sleep.



29
Tidy one corner of your home and make it feel welcoming.



30
Reflect: What have I learned so far this month?



31
Celebrate your quiet progress — big or small.



OUR LITTLE HOUSE
IN THE COUNTRY

31 DAYS OF A GENTLE *January Reset*

SMALL STEPS FOR A CALMER,
KINDER, MORE INTENTIONAL YEAR

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 - 23 Go for a walk and notice the sounds of winter.
 - 24 Do something creative — journal, draw or craft.
 - 25 Make a list of small things that make you feel calm.
 - 26 Practise gratitude for someone who made a difference in your life.
 - 27 Stretch for five minutes before bed.
 - 28 Turn off your phone one hour before sleep.
 - 29 Tidy one corner of your home and make it feel welcoming.
 - 30 Reflect: What have I learned so far this month?
 - 31 Celebrate your quiet progress — big or small.

JANUARY Reflections

A GENTLE SPACE TO PAUSE,
REFLECT AND BEGIN AGAIN

You don't have
to have it all figured out.
A new year can simply
be a place to begin again,
right where you are.



1 Looking Back

What have I learned over the past year?
What am I proud of? What challenged me?
What would I like to carry forward?



2 More Of, Less Of

What would I like more of in my days?
What would I like less of?

MORE OF

LESS OF



3 What Matters Now

What feels important to me right now?
What do I most want to focus on over
the next few months?



4 Making Space

Is there anything I'd like to let go of?
A habit, commitment, expectation or thought
pattern that no longer serves me?



5 My Gentle Intention

Instead of a list of resolutions, what feels like
a kind and realistic intention for the months ahead?
How would I like this year to feel?



6 Little Things to Look Forward To

What are some simple things I'm looking forward
to in the coming months? (Big or small.)