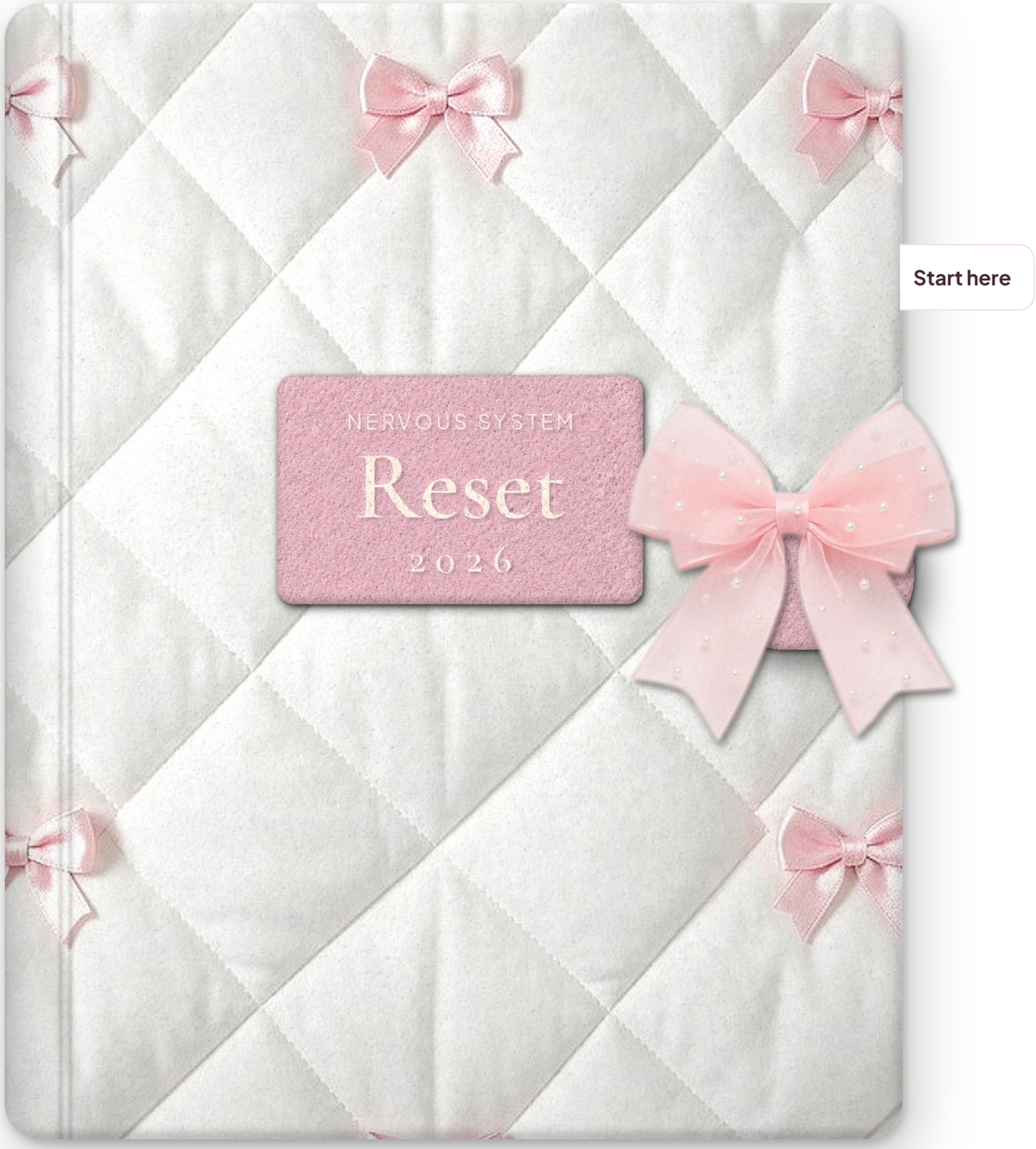


Start here

Quilted Bow · Monday start

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2026

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January

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
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Notes

This month

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1 January
Thursday

Morning check-in: where am I?

Calm and connected | Revved up | Shut down | A bit of all

Body scan

- ○ Head and jaw
- ○ Shoulders
- ○ Chest
- ○ Belly
- ○ Hands and feet

Today's prompt · Fresh start

What three words do you want to describe this year?

One small step

My calm menu today

- ○ Name five things you can see
- ○ Stretch your arms up high
- ○ Play one favorite song
- ○ Wrap up in a soft blanket
- ○ Take ten slow breaths

Glimmers I noticed

Evening wind-down

- ○ Screens off early
- ○ Something warm to drink
- ○ Gentle stretch
- ○ Slow breaths

Sleep and energy

	1	2	3	4	5	6	7	8	9	10
Sleep										
Energy										

A kind note to me