

CREATE SPACE IN *January*

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“How did silence bring clarity today?”
 “What did I pray for, and how did it shape my perspective?”
 “What moment of attentiveness revealed something new?”
 “Who did I connect with meaningfully?”
 “What expectation am I holding in faith or hope?”

How to Use Instructions:

- *Daily*: Mark a check, jot a word, or add an icon for each SPACE element you practiced.
- *Weekly*: Reflect using the prompts and note any patterns, challenges, or insights.
- *End of the Month*: Use the notes section to celebrate progress and consider how to continue creating SPACE in the coming months.

