

Your -Regimen for  
January -March 2023



# The Quietude

January-March 2023



Journal-January - March 2023

Please Journal each day until the March 2023 Retreat

**Monday:** Quietude One

**Tuesday:** Quietude Two

**Wednesday:** Reveal 11

**Thursday:** Reveal 9

**Friday:** Reveal 8

**Saturday:** Quietude  
One

**Sunday:** Quietude Two

What is my “life” as I can know  
it?

What was the condition of my  
day today/

What is Life?

End of week summation

What willingness do I have for Life?

