



---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## January 2026 — Strengthening Your Foundation

---

*January is a month of building. Here, you establish the rhythms and disciplines that will support your spiritual, intellectual, and creative growth throughout the year. By focusing on rhythm, order, devotion, and discipline, you strengthen the structures that help you stay rooted, focused, and faithful in your daily walk.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: January 2026

Monthly Theme: Strengthening Your Foundation – Build disciplines that support spiritual, intellectual, and creative growth.

Scripture / Anchor Verse: Psalm 1:1–3; Joshua 1:8–9; Proverbs 24:3–4; 1 Cor. 9:24–27

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 1 Rhythm

Theme: Set your reading, study, writing, and prayer routines.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 1 Rhythm

Theme: Set your reading, study, writing, and prayer routines.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 1 Rhythm

Theme: Set your reading, study, writing, and prayer routines.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 2 Order

Theme: Organize your writing systems for clarity. (Notebooks, OneNote and/or Website)

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 2 Order

Theme: Organize your writing systems for clarity. (Notebooks, OneNote and/or Website).

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 2 Order

Theme: Organize your writing systems for clarity. (Notebooks, OneNote and/or Website)

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 3 Devotion

Theme: Deepen spiritual practices that reinforce trust and courage.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 3 Devotion

Theme: Deepen spiritual practices that reinforce trust and courage.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 3 Devotion

Theme: Deepen spiritual practices that reinforce trust and courage.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 4 Discipline

Theme: Practice consistent follow-through in small tasks.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 4 Discipline

Theme: Practice consistent follow-through in small tasks.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 4 Discipline

Theme: Practice consistent follow-through in small tasks.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: January 2026

Theme: Strengthening Your Foundation – Build disciplines that support spiritual, intellectual, and creative growth.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

---

## 7. Closing Gratitude & Prayer

---

---

---