

## ✧ A New Year Reset: Less Noise, Better Effort ✧

January 2026

Happy New Year — and welcome to January.

A new year always feels like a moment to pause and reflect, but if I'm honest, things already feel busy. Very busy which has made me think a lot about prioritisation.

One way I've been trying to reframe this is by looking at what I already have. If your house is anything like mine, it's full of *stuff*. And while that might sound trivial, it genuinely makes life harder. Finding things takes longer. Even simple tasks feel more effortful than they should.

In theory, if everything were streamlined and perfectly organised, you could find anything instantly. But this reminds me of email management — you can spend hours filing emails into perfect folders, but realistically, you'll just use the search function.

The problem is... I think I've been using the "search function" in my house a bit too much. I wouldn't limit this to solely items, which could be solved with minimalism, it applies to tasks and opportunities.

So here is a question I'm asking myself more often:

For each opportunity

- What are the benefits?
- Is it rewarding?
- Does it genuinely bring you enjoyment or satisfaction?

And just as importantly —

- What are the downsides?
- How much travel is involved?
- Does it drain you — or energise you?

Two flights might be a con for one person and a joy for another. Everyone's different!

## YouTube Video of the Month

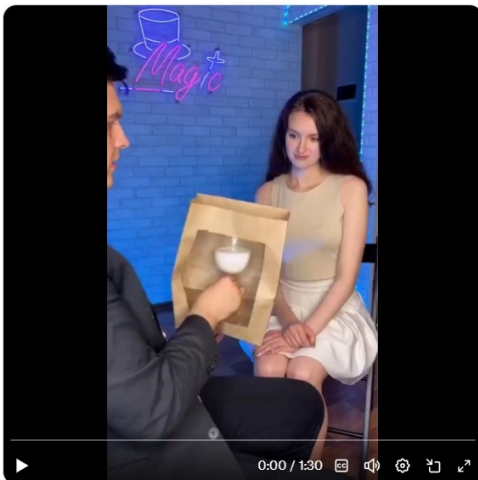


Do take the time to check out my summary of the book *Influencer: The New Science of Leading Change*, focusing on how behaviour really changes — not through authority alone, but through understanding motivation, environment, and social dynamics.

## X of the Month



This man is uncovering magicians' tricks 🧙🏻♂️🌟



A fascinating video shared by Enezator that calmly deconstructs classic magician tricks. It's oddly satisfying — and a great reminder that once you understand the system behind something, it might lose mystique but gain clarity.

## Website of the Month

<https://www.window-swap.com>

View the world through someone else's window — a brilliant reminder of perspective and simplicity!

As we start 2026, I wish you clarity over noise, intention over habit, and effort spent on things that genuinely matter to you.

Have a great January,

Chris

PS If you have found this helpful please consider sharing it with your friends by clicking here.



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