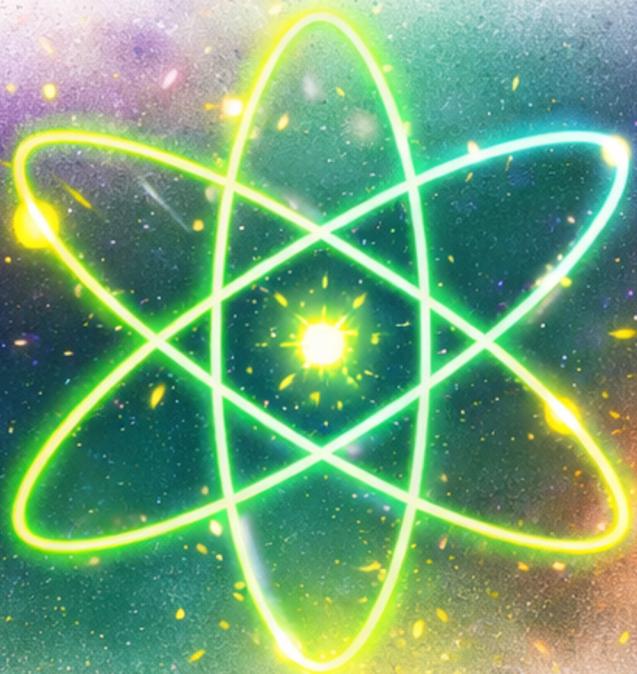


AtomicCurious

SCIENCE CALENDAR
— 2026 —



Facts that hit different



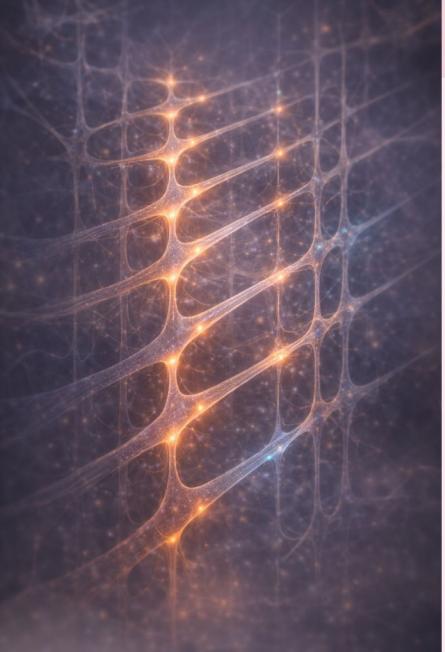
Hey! ::. Have you ever wondered, "What if...?" I have. All the time. This is more than a calendar. It's a year-long experiment. Each month, you'll find a curious question and a clear idea to reflect on and carry with you every day. Nothing complicated. Just science, shared simply—like a curious friend would. Use it however you want: mark it, write, question, or experiment. Because learning isn't about sitting still. Learning is experimenting.

— Core

2026 EXPERIMENTS

Write down the experiments you want to try this year.





The brain doesn't change through intention. It changes through repetition.

Neuroplasticity — Donald Hebb

JANUARY 2026

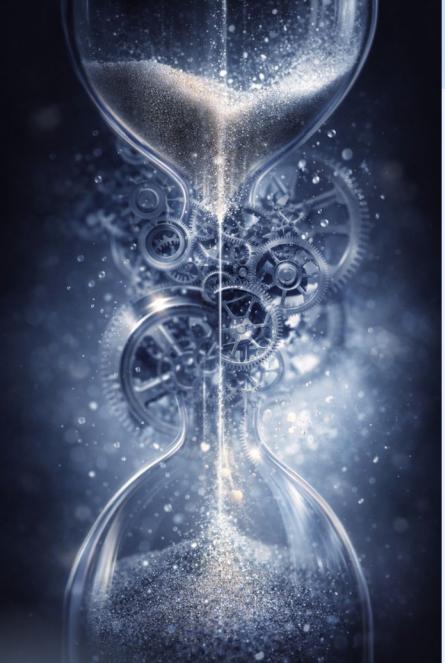
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



What are you repeating today... that's training your brain?

MONTHLY NOTES:



Time doesn't speed up. Your brain learns to ignore it.

Time perception — Cognitive neuroscience

FEBRUARY
2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



What moments are you starting to miss?

MONTHLY NOTES:



AtomicCurious

— Curiosity, by design —



Order is not natural.
Maintaining it always
requires energy.

Entropy – Second law of
thermodynamics

MARCH
2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



If chaos is natural, why
do we keep creating
order?

MONTHLY NOTES:



AtomicCurious
— Curiosity, by design —



Your brain remembers
how to get something
better than the pleasure
of having it.

Dopamine – Neuroscience

APRIL
2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



What have you chased
more than once, hoping
this time would be
different?

MONTHLY NOTES:



Forgetting is not a failure of the brain. It's a function.

Forgetting – Cognitive neuroscience

MAY 2026

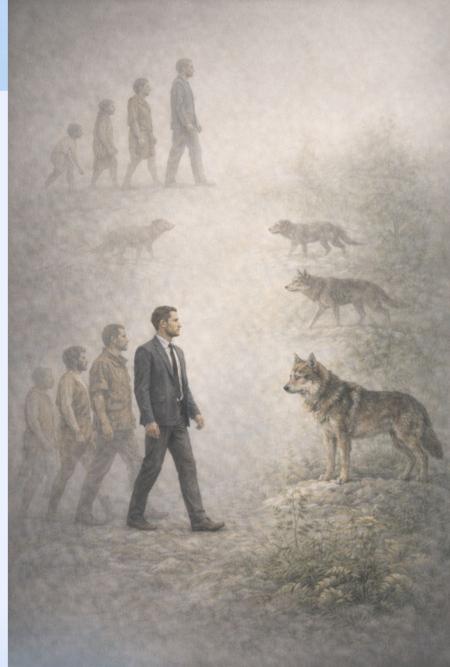
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



What was it useful to leave behind?

MONTHLY NOTES:



Adaptation doesn't just allow survival. It allows evolution.

Adaptation – Natural selection

JUNE 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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21	22	23	24	25	26	27
28	29	30				



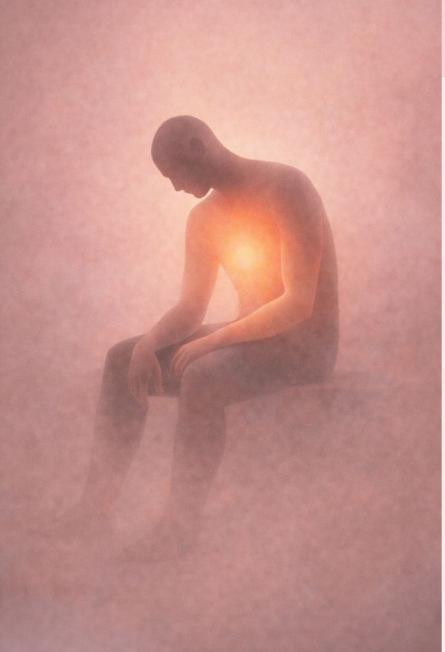
Are you adapting... or just persisting?

MONTHLY NOTES:



AtomicCurious

Curiosity, by design -



Consistency without
adjustment
is not strength. It's
inertia.

Inertia – Dynamical systems

JULY
2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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26	27	28	29	30	31	



What are you keeping the same simply because it's always been that way?

MONTHLY NOTES:



AtomicCurious

— Curiosity, by design —



Complex systems don't
fail all at once.
They drift into disorder.

— Complex systems theory

AUGUST 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30	31					



What small change
deserves attention before
it becomes a bigger
problem?

MONTHLY NOTES:



If you don't make mistakes, you're not learning.
You're memorizing.

— Learning sciences

SEPTEMBER 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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20	21	22	23	24	25	26
27	28	29	30			



What mistake this month taught you something real?

MONTHLY NOTES:



Fear isn't meant for running away.
It's meant for deciding how to act.

Fear — Affective neuroscience

OCTOBER
2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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18	19	20	21	22	23	24
25	26	27	28	29	30	31



What fear might be giving you useful information right now?

MONTHLY NOTES:



Your brain decides
before you realize
you've decided.

Decision-making – Cognitive
neuroscience

NOVEMBER 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



What recent decision felt
obvious before you
thought it through?

MONTHLY NOTES:



Clarity doesn't come from adding.
It comes from subtracting.

— Cognitive psychology

DECEMBER 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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20	21	22	23	24	25	26
27	28	29	30	31		



What could you remove from your life to gain more clarity?

MONTHLY NOTES: