

- Name: _____ Date: _____
- Mood right now (circle): Calm / Wired / Meh / Hopeful / Grateful / Other: _____

2025 DEBRIEF (7 Minutes to Clarity)

A quick reflection to close the year + walk into 2026 lighter.

1) My 3 Biggest Wins (2025)

- _____
- _____
- _____

Why these mattered:

2) My 3 Biggest Lessons (2025)

- _____
- _____
- _____

What I'll do differently:

3) Energy Audit

Gave me energy (more of this):

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Drained me (less of this):

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

4) Keep / Release

KEEP (I'm bringing this into 2026):

- ☐ _____
- ☐ _____
- ☐ _____

RELEASE (I'm leaving this in 2025):

- ☐ _____
- ☐ _____
- ☐ _____

Bridge to 2026

My 2026 Theme (one sentence): _____

One small next step I can do this week:

□ _____

One boundary I'm keeping:

□ _____

Tip: Don't overthink this. First answers are usually the honest ones.

You're not writing a novel — you're making a map.



2026 Roadmap (Simple + Doable)

2026 ROADMAP

Less chaos. More intention.

My word/theme for 2026: _____

My Top 3 Priorities for 2026

(Choose the things that make everything else easier.)

- _____
- **Why it matters:** _____
- _____
- **Why it matters:** _____
- _____
- **Why it matters:** _____

If it's not one of my "Big 3," it's a "not right now."

FUN FIRST: I schedule these before anything else

Movement (walks/hikes/outside):

☐ ____ /month or ____ /week

Connection (dinners/friends/family):

☐ ____ /month

Recharge (solo time / quiet / spa / no plans):

☐ ____ /month

Adventure (day trips / weekend / travel):

☐ ____ /quarter

My next 6 weeks: 3 dates I'm putting on the calendar now

1. _____ Date: _____
2. _____ Date: _____
3. _____ Date: _____

Pick 1 goal for each category (or leave blank)

Life Goal (personal): _____

How I'll measure it: _____

Weekly habit that gets me there: ☐ _____

Work Goal (career/business): _____

How I'll measure it: _____

Weekly habit that gets me there: ☐ _____

Money Goal (financial): _____

How I'll measure it: _____

Weekly habit that gets me there: ☐ _____

If I do the habit, the goal takes care of itself.

Your “Stop Doing” List (the secret weapon)

To make space for 2026, I'm saying NO to:

☐ _____

☐ _____

☐ _____

One boundary I'm keeping:

☐ _____

Level-Up Plan (simple 2x2)

LEVEL UP (choose 2):

- ☐ Raise my standards
- ☐ Protect my energy
- ☐ Upgrade my environment
- ☐ Strengthen my systems
- ☐ Sharpen a skill

My two choices + what that looks like:

1. _____ → I will: _____

2. _____ → I will: _____

My planning guidelines (keep it simple):

- Goals should be **measurable + attainable**
- Every goal needs a **plan**
- My habits must **match my goals**
- I time block + use **Pomodoro**
- My calendar gets **fun first**

My Weekly Reset (15 minutes)

- ☐ Review calendar
- ☐ Choose my “Top 3” for the week
- ☐ Schedule movement + one fun thing
- ☐ Pick one thing to simplify/finish

If I do nothing else this week, I will do THIS:

☐ _____

My first calendar block for 2026:

Date: _____ Time: _____ What: _____

This week I'm practicing: _____

Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun ☐