

GET READY FOR 2026



PREPARE FOR THE NEW
YEAR WITH THESE

Six Questions





REFLECTING ON 2025: Q1

Which moments in 2025 revealed a strength you didn't realise you had and how did you respond to that discovery?





REFLECTING ON 2025: Q2

Where did you internally feel misaligned and what was the unmet need underneath that tension?





REFLECTING ON 2025: Q3

What did you stop doing -
intentionally or unintentionally - that
created more space, clarity or energy?



SHAPING 2026:

Q1



If you designed your year around one feeling you want to experience more often, what would it be and what would that change in your daily choices?



SHAPING 2026: Q2



What is one bold boundary that Future You would thank you for establishing early?



SHAPING 2026:

Q3



Which long held belief about yourself
is ready to evolve and what becomes
possible when it does?





REFLECTING IS A
POWERFUL TOOL.

So... Use it.

DO YOU HAVE A FAVOURITE QUESTION TO ASK YOURSELF AS YOU
START THE NEW YEAR? LET ME KNOW WHAT IT IS IN THE
COMMENTS!