

2026 Goal Setting & Reflection Guide

The end of the year is a great time to reset, refocus and plan a better year ahead with tangible goals and purpose.

Taking stock of the year you've just had is important because we can't decide where we want to go until you're honest about where you have been and where you are now. The purpose of this is the opposite of the "New Year, New Me" mentality, this form is designed so that you don't launch into January with unrealistic goals and expectations that inevitably fall short and result in disappointment and lack of motivation.

If you are ready for more clarity, control and growth, take some time to go through the form below and get set up for a positive and productive year ahead.

Before you get started, I advise having your camera roll and calendar ready so that you can remember your year as clearly as possible.

Let's Get Started

Question 1

What moments stand out to you?

As you scroll through your camera roll/calendar take note of the big moments each month, the hard moments, the small but significant moments. This isn't an evaluation of the year, this is just a reminder of what's happened.

If possible, note something from each month e.g. January: got a promotion at work, February: went on holiday to X, March: went to X's wedding, April: had a horrible flu etc.

Question 2

What were the low points of the past year? No judgement, just write.

What did you need most during these low moments?

Question 3

What were the high points of the past year?

What were the common threads across your high points?

Question 4

What did you learn about yourself over the past year based on your HIGH points?

What did you learn about yourself over the past year based on your LOW points?

The Check-In: Your Life Right Now

Reflection bring clarity. Rating each area of your life helps identify patterns and areas you want to improve as well as areas you feel most yourself and are happiest with.

Question 5

Health

1 2 3 4 5 6 7 8 9 10
1 = Hate It, 10 = Love It

Why?

Work/Study

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Money

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Love Life

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Friendships

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Happiness

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Fun

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Meaning/Purpose

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Self Love & Care

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = Hate It, 10 = Love It

Why?

Looking Forward

You've reflected on your highs and lows. Now let's turn it all into a plan. The next questions are inspired by business strategy tools that can be adapted to your personal life. It cuts through the noise and focuses on what you need to stop doing, what to continue and what to start.

Question 6

What are you going to STOP doing in the next year? Quitting things that no longer serve you is one of the most positive and productive things you can do - it frees up your time, energy and focus.

I will STOP...

Why does this need to stop? What has this cost you so far? What will change when you stop?

I will STOP...

Why does this need to stop? What has this cost you so far? What will change when you stop?

I will STOP...

Why does this need to stop? What has this cost you so far? What will change when you stop?

Question 7

What will you CONTINUE to do? Continuing what's working keeps momentum going, builds habits and continues relationships and choices that are making your life better.

I will CONTINUE...

What proves this is working? What's one simple way to keep this going?

I will CONTINUE...

What proves this is working? What's one simple way to keep this going?

I will CONTINUE...

What proves this is working? What's one simple way to keep this going?

Question 8

What are you going to START doing? Starting something new brings renewed energy to life, makes you engaged and curious. It can be something big or small, even the slightest change can make life feel more interesting.

I will START...

Why do you want to start this? What will it add to life? What's the first step to get going?

I will START...

Why do you want to start this? What will it add to life? What's the first step to get going?

I will START...

Why do you want to start this? What will it add to life? What's the first step to get going?

Choose Your One Goal

Now you know what you want to start, turn it into one clear focus for the year. Pick what matters most, define it and create a way to measure progress. Your goals can change later on but building momentum on ONE goal is key to lasting change.

Question 9

Choose one "START". Which one feels most important? Which would make the biggest difference? Which feels like the most honest next step from where you are today?

My one START to focus on this year is:

The outcome I want from this is:

If this really worked what would be true by the end of the year? What outcome are you aiming for?

I know I've succeeded when:

What does success look like in daily life? How will you know when you've succeeded? What would someone else notice is different about you?

What I need in place to succeed?

Is this realistic for where your life is today? What do you need to succeed (time, support, finances, etc.).

What could get in the way and how would you handle it?

Question 10

Start small to build momentum

My first small step is:

My weekly action is:

By the end of month one, progress looks like:

Question 11

Tell someone. Saying it out loud makes it real.

I will tell:

What I want them to remind me

THE NEXT STEPS

After you complete your first tiny action think about how it made you feel to get started. Start making a list of other small actions that will help you reach your

goal.

Set aside 5-15 minutes each day for your goal. Dedicating small amounts of time to something regularly adds up fast. Think about how to make it easier to remember to do your daily actions.

YOU DID IT!

Just by completing this form you have achieved more than most. Most people just look forwards to what they ideally want from the year ahead without reflecting on the highs and lows. You haven't just wished for a better year but you have taken practical steps to choosing it.

Come back to this whenever you need, add to it, use it as a guide and reference point.

Good luck!