

2026 Reflection & Intention Workbook

Start Your Calmest Year Yet

A Free Gift from [PrioritizeCalm.com](https://www.prioritizecalm.com)

Welcome

Thank you for downloading this workbook!

You're about to embark on a journey of reflection and intentional planning that will set the foundation for your calmest, most purposeful year yet.

This isn't about perfection. It's about direction.

This isn't about doing more. It's about doing what matters.

This isn't about pressure. It's about peace.

How to Use This Workbook

Take your time. There's no rush. Set aside 2-3 hours of quiet, uninterrupted time to work through the reflection sections.

Be honest. The more truthful you are with yourself, the more valuable this process becomes.

Skip what doesn't fit. Not every question will resonate. That's okay. Use what serves you.

Return often. This workbook is designed for ongoing use. Revisit your intentions quarterly or when you feel stuck. Use the planning pages weekly, adjust as life changes.

Make it yours. Write in the margins. Add your own questions. Customize pages. This is your journey.

What You'll Find Inside

Part 1: Reflecting on 2025 - Honest assessment of what was, gratitude for the good, lessons from the hard

Part 2: Releasing & Letting Go - What you're leaving behind, forgiveness work, boundary setting

Part 3: Envisioning 2026 - Core values, your word of the year, vision for key life areas

Part 4: Intentional Planning - Quarterly intentions, monthly focus areas, weekly planning templates

Bonus Pages - Lists for books, places, people, experiences, and memories

Let's begin.

Part 1: Reflecting on 2025

Your Year in Review

Before planning forward, look back. What defined your 2025?

Three words that describe my 2025:

- 1. _____
- 2. _____
- 3. _____

The biggest lesson I learned:

The hardest moment:

The best moment:

Something that surprised me:

Monthly Highlights & Lowlights

Briefly note something memorable (positive or challenging) from each month.

January 2025:

February 2025:

March 2025:

April 2025:

May 2025:

June 2025:

July 2025:

August 2025:

September 2025:

October 2025:

November 2025:

December 2025:

Looking at the full year, what patterns do you notice?

Gratitude Inventory

Even in difficult years, there are gifts. What are you grateful for from 2025?

People I'm grateful for:

Experiences I'm grateful for:

Challenges I'm grateful for (and what they taught me):

Simple pleasures I'm grateful for:

Unexpected blessings:

Wins & Accomplishments

Don't discount your progress. What did you accomplish in 2025? (Big and small...both count!)

Personal wins:

Professional/work wins:

Relational wins:

Health/wellness wins:

Financial wins:

Creative/learning wins:

Spiritual/personal growth wins:

What I'm most proud of:

Challenges & Growth

Hard things happen. What were your challenges in 2025, and how did they shape you?

Major challenges I faced:

How I handled them:

What I learned about myself:

How I grew through difficulty:

What I'd do differently if I could:

What I'm stronger for having experienced:

Energy Audit

Understanding what energizes and drains you is crucial for intentional planning.

What gave me energy in 2025:

Activities: _____

People: _____

Places: _____

Projects: _____

What drained my energy in 2025:

Activities: _____

People: _____

Places: _____

Projects: _____

What do these lists tell me about how to structure 2026?

Part 2: Releasing & Letting Go

What to Leave Behind

You don't have to carry everything into the new year. What are you choosing to release?

Habits I'm leaving behind:

Commitments I'm releasing:

Beliefs that no longer serve me:

Relationships or dynamics I'm changing/ending:

Physical items I'm decluttering:

Mental patterns I'm releasing:

Expectations I'm letting go of:

Forgiveness Work

Holding onto resentment and disappointment weighs you down. What needs to be forgiven?

I forgive others for:

I forgive myself for:

I release disappointment about:

I let go of grudges regarding:

Writing this, I feel:

Boundary Setting

Healthy boundaries protect your peace. What are you saying NO to in 2026?

I'm saying NO to:

In my schedule: _____

In my relationships: _____

In my work: _____

In my commitments: _____

In my self-talk: _____

I'm saying YES to:

In my schedule: _____

In my relationships: _____

In my work: _____

In my commitments: _____

In my self-talk: _____

Decluttering Intentions

Clutter—physical, digital, mental, emotional—creates stress. What needs clearing?

Physical spaces to declutter:

Digital areas to organize/delete:

Mental clutter to address:

Emotional baggage to process:

Relationships that need clarity or distance:

My decluttering plan (one area per month):

January: _____

February: _____

March: _____

April: _____

Part 3: Envisioning 2026

Core Values Identification

Your values guide your decisions. What matters most to you?

Circle 5-7 values that resonate most deeply:

Authenticity • Adventure • Balance • Beauty • Compassion • Courage • Creativity • Faith • Family • Freedom • Friendship • Generosity • Growth • Health • Honesty • Humor • Independence • Integrity • Justice • Kindness • Knowledge • Love • Loyalty • Peace • Perseverance • Purpose • Service • Simplicity • Spirituality • Stability • Trust • Wisdom

My top 5 core values:

1. _____
2. _____
3. _____
4. _____
5. _____

How did I honor these values in 2025?

Where did my life conflict with these values?

How can I align my life more closely with these values in 2026?

Word of the Year

Choose one word to guide and ground you throughout 2026.

Words I'm considering:

My 2026 Word:

Why this word:

What living this word looks like:

How I'll remember this word:

Vision for Key Life Areas

What do you want each area of your life to look like in 2026?

HEALTH & WELLNESS

My vision: _____

Key changes needed: _____

One habit to build: _____

RELATIONSHIPS

My vision: _____

Key changes needed: _____

One habit to build: _____

HOME & ENVIRONMENT

My vision: _____

Key changes needed: _____

One habit to build: _____

WORK & CAREER

My vision: _____

Key changes needed: _____

One habit to build: _____

PERSONAL GROWTH

My vision: _____

Key changes needed: _____

One habit to build: _____

FAITH & SPIRITUALITY

My vision: _____

Key changes needed: _____

One habit to build: _____

CREATIVITY & FUN

My vision: _____

Key changes needed: _____

One habit to build: _____

Dream List

What do you want to experience, create, or become in 2026? Dream big.

I want to experience:

I want to create:

I want to become:

I want to learn:

I want to try:

Wild dreams (even if they seem impossible):

Ideal Day Exercise

Describe your ideal day in 2026. If it helps, describe two...one that realistically includes obligations that you must continue (work, school, chores) and one that is your perfect day. What do these look like from morning to night?

Morning:

Midday:

Afternoon:

Evening:

How I feel throughout this day:

What would it take to make more days feel like this?

Part 4: Intentional Planning

Quarterly Intentions

Breaking the year into quarters makes it manageable. What's your focus each quarter?

Q1: JANUARY - MARCH

Theme: _____

Primary focus: _____

Habits to build: _____

Projects to complete: _____

What success looks like: _____

Q2: APRIL - JUNE

Theme: _____

Primary focus: _____

Habits to build: _____

Projects to complete: _____

What success looks like: _____

Q3: JULY - SEPTEMBER

Theme: _____

Primary focus: _____

Habits to build: _____

Projects to complete: _____

What success looks like: _____

Q4: OCTOBER - DECEMBER

Theme: _____

Primary focus: _____

Habits to build: _____

Projects to complete: _____

What success looks like: _____

Monthly Focus Areas

Choose ONE primary focus for each month. What matters most?

JANUARY: _____

FEBRUARY: _____

MARCH: _____

APRIL: _____

MAY: _____

JUNE: _____

JULY: _____

AUGUST: _____

SEPTEMBER: _____

OCTOBER: _____

NOVEMBER: _____

DECEMBER: _____

Habit Tracker Template

Choose 3-5 key habits to track. Check off each day you complete them.

Habit 1: _____

Habit 2: _____

Habit 3: _____

Habit 4: _____

Habit 5: _____

Month: _____

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day Habit 1 Habit 2 Habit 3 Habit 4 Habit 5

22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Print multiple copies of this page for each month.

Weekly Planning Template

Use this template each week to stay aligned with your intentions.

Week of: _____

My word for the year: _____ **Monthly focus:** _____

This week's priority:

Top 3 must-dos:

1. _____
2. _____
3. _____

MONDAY

Focus: _____

To-do: _____

TUESDAY

Focus: _____

To-do: _____

WEDNESDAY

Focus: _____

To-do: _____

THURSDAY

Focus: _____

To-do: _____

FRIDAY

Focus: _____

To-do: _____

WEEKEND

Focus: _____

To-do: _____

Self-care this week: _____

Gratitude: _____

Reflection: _____

Print multiple copies of this page for weekly use.

Daily Reflection Prompts

Use these questions for daily journaling or weekly reflection.

Today I'm grateful for:

Today I showed up for myself by:

A challenge I faced and how I handled it:

Something that brought me joy:

How I honored my values today:

What I learned:

Tomorrow I intend to:

How I'm feeling:

Print multiple copies for ongoing use.

Bonus Pages

Books to Read in 2026

JANUARY: _____

FEBRUARY: _____

MARCH: _____

APRIL: _____

MAY: _____

JUNE: _____

JULY: _____

AUGUST: _____

SEPTEMBER: _____

OCTOBER: _____

NOVEMBER: _____

DECEMBER: _____

Other books on my list:

Places to Visit in 2026

Dream destinations:

Realistic trips I can plan:

Local places to explore:

Weekend getaways:

People to Connect With

People I want to spend more time with:

Old friends to reconnect with:

New relationships to cultivate:

People who inspire me:

Skills to Learn

Skills I want to develop:

How I'll learn them:

Why these skills matter to me:

Experiences to Try

New things I want to try in 2026:

Which one will I try first? _____

Memories to Create

Memories I want to intentionally create:

With family: _____

With friends: _____

With my partner: _____

With my children: _____

For myself: _____

Quarterly Review Template

Use this template every three months to check in with your intentions.

Quarter: _____ Date: _____

What went well this quarter:

Challenges I faced:

Habits that stuck:

Habits that didn't:

Progress toward my intentions:

What I'm celebrating:

What I'm adjusting for next quarter:

My focus for the next three months:

Print four copies—one for the end of each quarter.

You don't have to do everything. You just have to do what matters.

Here's to your calmest, most intentional year yet.

Want More Support for 2026?

This free workbook gives you the foundation. But if you want the complete system for staying calm and intentional all year long, check out the Deluxe Edition.

The Deluxe Edition includes:

- 120+ pages (vs 40+ in this free version)
- Pre-formatted monthly planning pages for all 12 months
- Daily planning templates with time-blocking
- 12 different habit tracking methods
- Deep-dive worksheets for each life area
- Self-care menu with 100+ ideas
- Morning and evening routine builders
- Vision board templates
- Guided meditation and visualization audio files
- And so much more

Get the Deluxe Edition for just \$15 at: PrioritizeCalm.Gumroad.com

Share Your Journey

We'd love to hear how this workbook serves you!

Tag us on social media: @PrioritizeCalm

Use the hashtag: #PrioritizeCalm2026

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Thank you for choosing calm. Thank you for choosing intention.