

New Year Reset

Before you plan next year, pause. Breathe. Here is a powerful reset and re-align worksheet. This will help you get honest about what's working, what's not, and what your future self is asking for.

1. Where has life felt most out of balance?

Check all that apply:

- ☐ Work / Career ☐ Home / Organization
- ☐ Relationships ☐ Self-care / Peace of Mind
- ☐ Other: _____

3. What has drained you most this past year? (Habits, people, responsibilities, patterns)

4. What's been feeling good or improving? (Even the small things you might forget to celebrate.)

4. Where have you been self-abandoning?

(Where have you been putting yourself last, shrinking, or ignoring what you need?)

2. Rate your satisfaction in each area of your life on a scale of 1–10.

Emotional Wellness ____ / 10

How steady, supported, and regulated you feel.

Mental Wellness ____ / 10

Your clarity, focus, and ability to handle stress.

Physical Wellness ____ / 10

Your energy, nourishment, movement, and rest.

Spiritual Wellness ____ / 10

Your connection to God, purpose, and peace.

Social Wellness ____ / 10

The strength and quality of your relationships and support.

Financial Wellness ____ / 10

Your stability, habits, and clarity around money.

Occupational Wellness ____ / 10

How aligned and fulfilled you feel in your work or responsibilities.

Lifestyle & Environment Wellness ____ / 10

How supportive your routines and surroundings are.

5. Now, list three shifts that would change things:

1. _____
2. _____
3. _____

Your Theme for 2026 (a word or phrase that anchors the kind of woman you're becoming).

6. What's the top three thing you want to focus on, complete, or honor next year?

1. _____
2. _____
3. _____

7. Pick 1–2 steps you can take this week to start:

- ☐ Clear one space that visually overwhelms
- ☐ Take 15 min to journal what's on your mind
- ☐ Take a short walk to reset your nervous system
- ☐ Connect meaningfully with someone who brings you peace or joy
- ☐ Other: _____