

2025 WRAP-UP

REFLECT, RELEASE & RESET FOR 2026

Before you set big goals for 2026, pause and look back.

This mini journalling guide will help you:

- Celebrate what you've done in 2025
- Notice what's no longer working
- Get emotionally and mentally ready for a calmer, more intentional year ahead

As you reflect, keep this in mind:

How you start your mornings can quietly shape everything else you want in 2026.

Grab a pen, find a quiet spot, and give yourself 15–20 minutes.

There are no “right” answers here – **only honest ones.**

LOOK BACK:

WINS, CHALLENGES, LESSONS

YOUR 2025 HIGHLIGHTS

- What are 3 things you're proud of from 2025 - big or small?
- When did you feel most like yourself this year?
- What did you do (or stop doing) that made your life even 1% better?

THE HARD STUFF (WITHOUT JUDGEMENT)

- What felt heavy, draining, or out of alignment in 2025?
- Where did you keep hitting the same wall or pattern?
- If 2025 could speak honestly to you, what would it say you were avoiding?

LESSONS & GROWTH

- What did 2025 teach you about yourself - your limits, your needs, your strengths?
- What surprised you about your resilience or what you can handle?
- Finish this sentence:

If I truly learned from 2025, I will remember that I need more of _____ and less of _____ in my life.

LETTING GO: MAKING SPACE

WHAT YOU'RE READY TO RELEASE

- Which habits, commitments, or beliefs no longer fit the person you're becoming?
- Where did you say "yes" when you meant "no" this year?
- What are you willing to forgive yourself for from 2025?
- Write a short release statement:

*I release _____ from 2025.
I'm choosing to carry forward _____ instead.*

BOUNDARIES, ENERGY & HOW YOU START THE DAY

- What drained your energy the most in 2025 (people, patterns, screens, schedules)?
- What genuinely helped you feel calmer, clearer, or more grounded?
- How often did you wake up feeling rushed vs. calm? What contributed to that?
- One boundary you will set going into 2026 is:

_____.

LOOKING AHEAD: PRIMING FOR 2026 GOAL SETTING

We'll go deeper into actual *goal setting* in the workshop.
For now, just open up your imagination.

YOUR NEXT CHAPTER IN 2026

- If 2026 went *better than you think is possible*, what would be different in:
 - Your work or business?
 - Your health and energy?
 - Your relationships and community?
 - Your sense of self and confidence?
- How do you want to *feel* most days in 2026?

FUTURE YOU & MORNINGS THAT SUPPORT THEM

- Describe "Future You" at the end of 2026.
- How do they behave, think, and make decisions? What have they achieved or embodied?
- If that version of you had a morning that supported their goals, what would it look like?
 - What time would they wake up?
 - How would they want to feel in the first 15 minutes of the day?
 - What would they definitely not do first thing?
-
- What is one small change to your mornings that could quietly support your 2026 goals?

2026 GOAL SETTING WORKSHOP

HOSTED BY



4th January 2026 | 10-11:30am | Zoom

In this *live workshop*, we'll help you:

- Turn your reflections into clear, aligned goals for 2026
- Connect those goals to a simple morning rhythm that supports them
- Break big intentions into realistic, doable steps
- Start the year feeling focused, calm, and supported by a like-minded community



In January 2021, I made a decision - to become a morning person.

Five years later, not only do I now wake up naturally early, but I've seen the effect that decision has had in changing every other aspect of my life.

Make 2026 your year.

**ROSELLE
FOUNDER + EARLY BIRD**

**All members are automatically registered!
Just save the date and we'll send an email with the details closer to
the time :)**