

# 2026 CLARITY & FOCUS WORKSHEET

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## 1 What Stays With Me in 2026

What's worth carrying forward...

**Three things I want more of in 2026:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three things that worked well in 2025:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**One habit or boundary I need to protect:**

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## 2 What I'm Leaving Behind

What no longer earns a place...

**Three things I'm done carrying:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Two commitments I will say "no" to:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**One behavior I will stop tolerating (from myself or others):**

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### **3 2026 Focus**

Less noise. More intention.

**My #1 personal priority for 2026:**

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**My #1 professional priority for 2026:**

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**If 2026 goes well, I'd describe it in one sentence as:**

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### **4 First 90 Days (Quarter 1)**

Momentum matters.

**One action to take in January:**

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**One relationship to invest in this quarter:**

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**One decision I've been postponing that I will make:**

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### **Final Thought**

- Clarity creates momentum.
- Momentum creates results.