

2026 CLARITY & FOCUS WORKSHEET

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:

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):

3 2026 Focus

Less noise. More intention.

My #1 personal priority for 2026:

My #1 professional priority for 2026:

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

4 First 90 Days (Quarter 1)

Momentum matters.

One action to take in January:

One relationship to invest in this quarter:

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

Final Thought

- Clarity creates momentum.
- Momentum creates results.