

My 2026

Name _____ Through _____

REMEMBER

Which moments from 2026 do you want to remember?

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Mark a moment under its month, then name it below.

ACKNOWLEDGE

What took effort this year, even if nobody noticed?

What took effort

What was hard, and what was going on around it

Who or what helped

What you kept going

NOTICE

What gave you energy, and what kept taking more than you wanted?

What gave you energy

What kept taking more than you wanted to give

One real example behind something you noticed

CHOOSE

What would you like to keep, change, protect or let go of?

Keep

Change

Protect

Let go of

A goal from earlier in the year

☐ Continue it ☐ Reshape it ☐ Pause it ☐ Let it go

CARRY FORWARD

What is one small thing you want to make room for next?

One thing to make room for

Why it matters to you

A first step: when, and what you'll do

If something gets in the way, then...

When you'll check whether it fits

KEEP YOUR REVIEW

Does this feel like your year?

One line about 2026, in your words

INTO 2027

Copy the Choose and Carry answers into the 2027 planner at hourlife.com/2027-planner.