

Month	Percentage
JAN	10%
FEB	15%
MAR	25%
APR	30%
MAY	35%
JUN	40%
JUL	45%
AUG	50%
SEP	55%
OCT	60%
NOV	65%
DEC	70%

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What happened, and when?

January

February

March

April

May

June

What happened, and when?

July

August

September

October

November

December

REMEMBER

Which moments from 2026 do you want to remember?

Big or ordinary, happy or hard. A few is plenty. If you're stuck, look back through your calendar or your photos.

A few moments, and roughly when

ACKNOWLEDGE

What took effort this year, even if nobody noticed?

Keeping something going counts. So does getting through a stretch you'd rather not repeat.

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?

Your own words are enough. A pattern is easier to trust with one real example behind it.

What gave you energy

What kept taking more than you wanted to give

One real example behind something you noticed

Across the areas of your life

GAVE ENERGY	TOOK MORE THAN I WANTED TO GIVE
Relationships	
Work	
Health	
Home	
Money	
Learning	
Rest	
Play	

CHOOSE

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

Answer any of the four, or none. Letting something go is a choice, not a failure.

Keep

Change

Protect

Let go of

Goals from earlier in the year, and what happens to each now

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

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

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

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

Small enough to start in an ordinary week. Not planning yet is a fine answer too.

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

Does this feel like your year?

Read it back, and change anything that doesn't sound like you. Then take what you chose into the year ahead.

One line about 2026, in your words

CARRY INTO 2027

Copy these into hourlife.com/2027-planner

One thing to keep	One thing to change
One thing to protect	Word of the year
Main goal	Why it matters
Hours a week	When it happens
What gets smaller	First step
If-then plan	

A day to read this again