

MY YEAR CONCEPT



2026

Name:

Why The Year Concep(r)t?

This little booklet is designed to support you in taking time for meaningful reflection on the year that has passed and in shaping a vision for the year ahead. As the title suggests, engaging in this inner dialogue with yourself may help reveal your guiding concept for the coming year. By sensing its melody, you may then translate this concept into the unique “Year Concert” you are about to orchestrate.

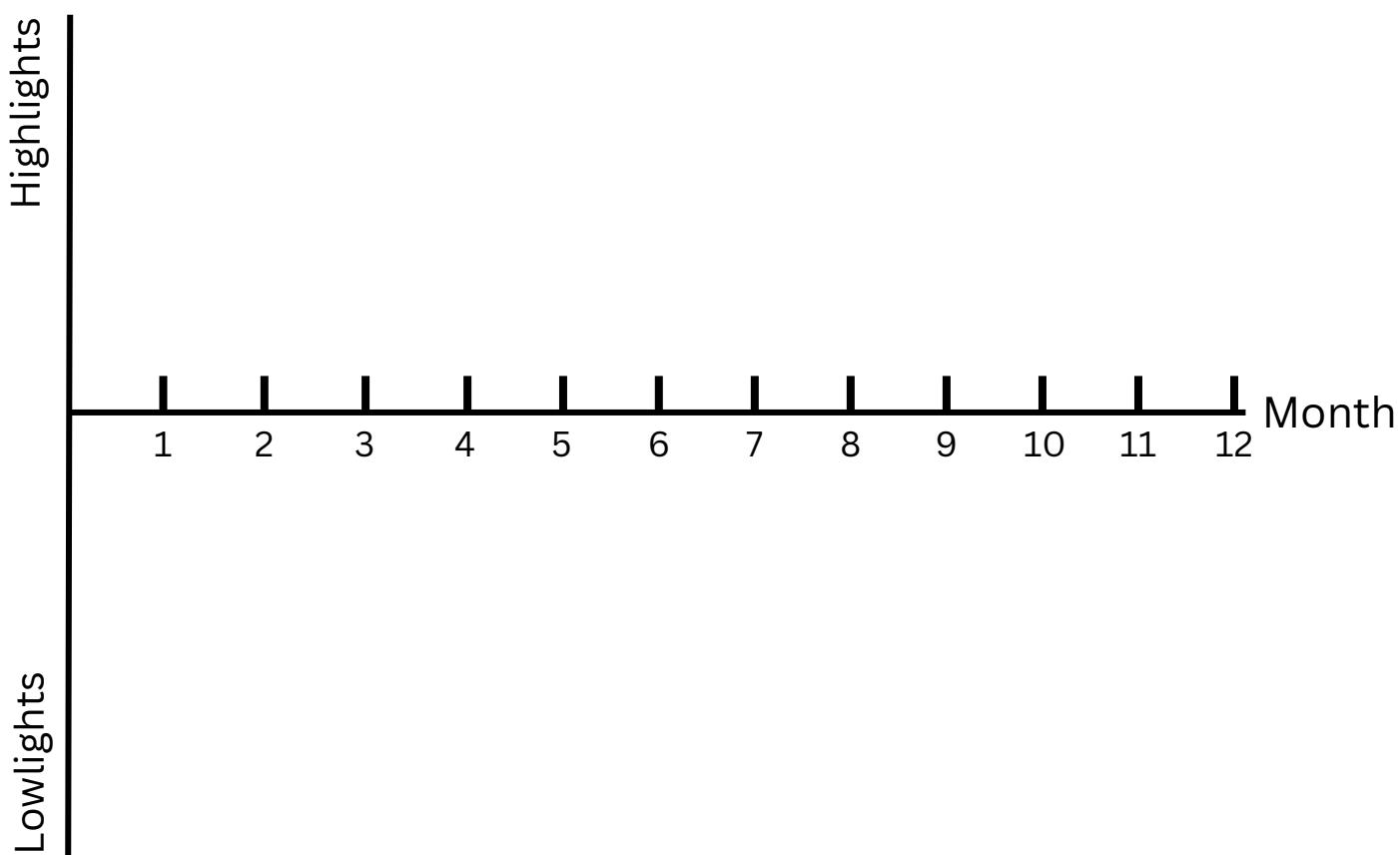
To make this exercise both fun and nourishing, find a spacious and undisturbed moment for yourself. Turn on some soothing music and make yourself a warm drink if you like. Let this become a small but meaningful ritual—a way to slow down in order to speed up at the turning point of the year!

If you are ready, **let's begin!**

1. The Inner “Melody”

My last year highlights and lowlights are...

Go through your calendar from the past year, week by week. Review the key events and projects that were significant to you, and plot them on the chart—the higher or lower you place each event, reflecting the degree of positive and negative emotional impact it had on you. Once all dots get connected, the chart may begin to resemble a cardiograph, revealing the “melody” of your inner journey.



You may also list all the key moments below:

2. The Blind Spots

We are holistic beings, living through distinct yet interconnected aspects of life. Write down major activities or changes you experienced in the past year for each area.

Work / Profession

Health / Well-being

Family / Personal Life

Hobbies / Creativity

Friends / Community

Learning / Development

Which areas have flourished, and which ones may need more attention?

3. The Insights

When reviewing the past year, What are you most proud of?

What are you grateful about? (Events, people, or moments that made an impact on you.)

What patterns do you notice?

What were your biggest challenges?

4. Goal Check

What were your main objectives last year?

What have you accomplished?

What goals have you missed?

What prevented you from reaching those goals? (What were your biggest assumptions? What hidden commitments may have been at play?)

5. “Less” and “More”

If your past year were a chapter in a book, what title would you give it?

What do you want to let go of so that you can feel lighter and create more space for welcoming new?

What would you like to invite more of into your life in the coming year?

6. With Grace and Gratitude

Write a note to yourself. If you were your own child, what would you like to say to yourself? Let your words come from a place of deep love and care.

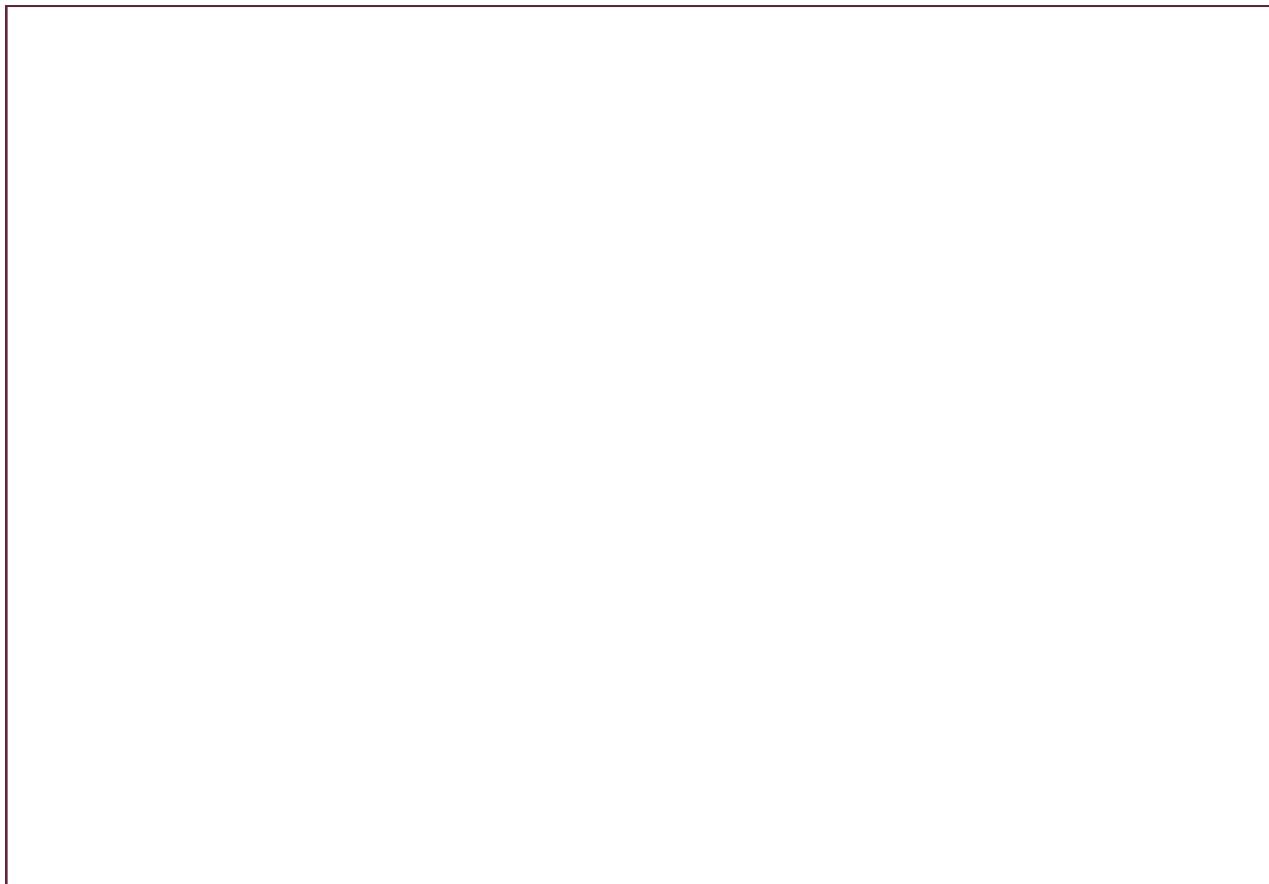
List the people who have supported or inspired you. Hold each of them in your heart with warmth and care, remembering how your shared moments have touched you. If you wish, as the new year begins, you may write them a small note of appreciation and greetings.

Well done on harvesting insights from the past year and transforming many of those droplets into heart-nourishing gratitude, for yourself and for others.

Are you ready to design the melody for the year ahead?

7. Composing - Dream Big!

What does the year ahead look like for you? What ideas do you want to bring to life—things you wish to do, experiences you hope to create, impact you want to make, or connections you want to build? Dare to dream, dare to desire. Write them all down. The more concrete and vivid your vision becomes, the more energy you are preparing to mobilize to help it come true.



From the dreamscape above, what are the top three objectives that would make the greatest impact in your year ahead?

1.

2.

3.

8. Planting Seeds in Your Field

Think about the areas below and write down up to three things you want to accomplish, where you see fit—either to continue what you’re already doing well or to address the gaps you identified earlier.

Work / Profession

Health / Well-being

Family / Personal Life

Hobbies / Creativity

Friends / Community

Learning / Development

How would you feel if you live up to the above picture?

9. Anchoring - Your Monthly Flow for 2026

Place the key events you've envisioned into the monthly calendar below. This will give you an overview of the year's rhythm, your resources and constraints, and help you prune, set priorities, and feel the "music" as the year unfolds.

January**February****March****April****May****June****July****August****September****October****November****December**

10. Seven Magic Notes

Use this page as a gentle score for the year ahead. Write words, phrases, or short reflections in each field.

Intention

What is the core intention or “melody” you want this year to carry?

Skill

What skills or capabilities do you want to develop to support this year’s journey?

Connection

What relationships do you want to nurture, deepen, or invite to live the intention?

Practice

What small, repeatable practices will help you live this intention day by day?

Energy

How will you care for and replenish your energy throughout the year?

Boundaries

How will you set healthy boundaries to protect your time, focus, and energy?

Amplification

How will you amplify and reward progress with gratitude?

Resources

We are lifelong learners. Learning keeps us young and curious. What resources or stories nourished you over the past year? What books, films, courses, stories or other resources contributed to your growth?

What are the books, course, learning resources you aim for in the new year to develop yourself further?

Last but not Least...

Intentions stay abstract without practice. Habits make goals embodied.

So let's anchor this year's intentions in daily habits -
your small, sweet commitments that create big, bold impact.

On the next page, create a short list of small, realistic daily or weekly practices you want to cultivate in 2026. Focus on habits that support your health, relationships, learning, and presence. Keep them simple, concrete, and achievable—practices that quietly enrich the quality of ordinary days. Aim for consistency, not perfection.

Here is an example:

What? Be present when the kids come home
How? When my kids walk through the door, I want to focus on being present rather than being busy with other things. Half an hour before they come home, I don't schedule or initiate new tasks. Block my agenda for that.

Believe me—when practiced consistently, these small, sweet commitments make a big difference over time.

Tip: Once you've finished, you may print the next page and place it somewhere visible—such as on a memo board or the refrigerator, as a powerful daily reminder.

My 2026 Sweet Small Commitments

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My 2026 Sweet Small Commitments

What?

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Sow a thought, reap an action;
sow an action, reap a habit;
sow a habit, reap a character;
sow a character, reap a destiny.

| *Ralph Waldo Emerson (1803-1882)*

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your friends and colleagues.

If you have any feedback for further improvements, or spot any typos,
be kind to drop me a line to
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