

Set Your 2026 Intentions

A Gentle Reflection for the Year Ahead

Welcome

This reflection is an invitation to pause, reflect, and consciously step into the year ahead.

Setting intentions is not about pressure or perfection – it is about clarity, alignment, and allowing yourself to grow in ways that feel supportive and meaningful.

Take a breath.

There is nothing you need to fix.

Only something you may be ready to honor.

Looking Back with Compassion

Before setting intentions for 2026, take a moment to reflect on the year behind you.

What did the past year teach you about yourself?
(Emotionally, mentally, spiritually, or practically)

What are you proud of yourself for releasing, learning, or surviving?

What are you no longer willing to carry into 2026?

Setting Your 2026 Intentions

Intentions are not rigid goals.

They are guiding energies – ways you choose to show up for yourself.

How do you want to *feel* in 2026?
(Choose 3-5 words or phrases)

What areas of your life are asking for more care or attention?
(You may circle or reflect on any that resonate.)

Emotional well-being
Physical health
Relationships
Purpose or direction
Creativity
Boundaries
Rest and balance

Your Intentions

Use present-tense, compassionate language as you reflect.

In 2026, I am choosing to...

In 2026, I am releasing...

In 2026, I am allowing myself to become...

A Gentle Promise to Yourself

When life feels overwhelming, grounding yourself in one small, supportive action can make all the difference.

One small action I can return to when I need support is:

Closing Affirmation

Read this slowly or return to it whenever you need grounding.

*I enter 2026 with intention, compassion, and trust in my own becoming.
I allow growth to unfold in its own time.*

Disclaimer

This reflection is offered as a supportive tool for personal insight and inspiration only.

It is not a substitute for professional mental health, medical, or therapeutic care.
Use what resonates and release what does not.