

# Set Your 2026 Intentions

*A Gentle Reflection for the Year Ahead*

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## 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.

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## 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)

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

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**What are you no longer willing to carry into 2026?**

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## 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)

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**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

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## **Your Intentions**

Use present-tense, compassionate language as you reflect.

**In 2026, I am choosing to...**

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**In 2026, I am releasing...**

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

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## **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:**

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## 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.*

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## 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.