



PREP & RESET: 2026 REFLECTION WORKSHEET

A simple, reflective worksheet designed to help you close out the year with clarity and start 2026 with intention. Use it to look back on what shaped your year, identify what you want to release, clarify your priorities, and map out your first steps for the new year. It's a gentle, structured way to recharge, reset, and step into 2026 with purpose.

1. REFLECT ON YOUR YEAR

Before moving forward, take a moment to look back with honesty and self-compassion.
What went well for you in 2025?

What made life more stressful or difficult this year?

What would have made this year feel more meaningful or balanced?

2. IDENTIFY WHAT YOU WANT TO LEAVE BEHIND

Letting go makes space for growth.

Check or circle the things you want to release:

- | | |
|---|---|
| ☐ Overcommitment | ☐ Clutter (mental or physical) |
| ☐ Negative self-talk | ☐ Unfinished goals that no longer matter |
| ☐ Unhealthy habits | ☐ Fear of change |
| ☐ Burnout or overwhelm | ☐ Guilt around putting yourself first |

Other:

What will you intentionally "reset" or release in 2026?

3. CLARIFY WHAT YOU WANT TO BUILD

Choose what you want to bring into the new year.

My top priorities for 2026:

1. _____
2. _____
3. _____

Why these matter to me:

4. MAP OUT YOUR FIRST STEPS

Small, realistic actions lead to lasting change.

Three simple steps I can take in January:

1. _____
2. _____
3. _____

What support or resources will I need?

5. PREPARE FOR OBSTACLES

Challenges are part of growth — planning ahead helps you stay on track.

What potential obstacles might get in the way?

How will I stay motivated when setbacks happen?

6. CREATE YOUR 2026 INTENTION STATEMENT

A short phrase to guide your mindset for the year.

My intention for 2026:



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—anytime, anywhere. Just scan the
QR code to get started.