

2026

Year in Review

25 questions in five short parts. Look back at what really happened, find what worked, and finish with one clear challenge for 2027.

NAME

DATE I DID MY REVIEW

1. Evidence first

Scroll your calendar, photos and notes for 10 minutes.

2. Pick a pace

One evening (about 50 min) or one part a night.

3. Write by hand

Slow is the point.

4. Short is fine

Three honest lines beat a perfect page.

5. Be kind

A review, not a trial.

Dec 27 · Part 1

Dec 28 · Part 2

Dec 29 · Part 3

Dec 30 · Part 4

Dec 31 · Part 5

1 What happened

Start with the facts. No judging yet.

1 What three words describe my 2026?

2 What were the biggest moments of the year, good and hard?

3 What did I finish this year?

A course, a project, a challenge, a book. Finished counts more than perfect.

4 What did I start and then stop?

No guilt. Just write it down.

5 What surprised me most about this year?

2 The proof

Not what you planned. What you can prove you did.

6 What am I proudest of that nobody else saw?

7 What was the hardest thing I did this year?

8 Which challenge did I take to the finish line, and what got me there?

Name the specific thing that helped.

9 What small thing did I keep showing up for?

Small and repeated is how most real change happens.

10 Which one photo sums up my year?

Describe it, or stick it in the box.

3 People & energy

The year wasn't only about you.

11 Who made this year better?

12 Who do I want to thank, and have I told them?

13 What gave me energy this year?

People, places, activities, times of day.

14 What drained me?

Be specific. "Meetings after 4pm", not "work".

15 What did I say yes to that I should have said no to?

4 Lessons

Now look for patterns.

16 What did I learn about how I work best?

Morning or evening? Alone or with people? Big goals or small steps?

17 When did I quit something, and what was really going on?

Wrong goal, wrong size, wrong time, or no one watching?

18 What would I tell myself on January 1, 2026?

19 What am I ready to let go of?

20 What do I want more of in 2027, and less of?

5 Into 2027

Keep it small. Keep it specific.

21 What's my word for 2027?

22 On December 31, 2027, what one sentence do I want to be able to say?

"I ran a 10K." "I called my mum every week."

23 What's one small daily action that moves me toward that sentence?

Small enough to do on your worst day.

24 What's my first challenge of 2027, and where's the finish line?

A length (21, 30 or 66 days) and a date.

25 Who will see my proof?

One person, one group, one place.

2026 in Numbers

Rough guesses are fine. Then one word for each month, and your first challenge of 2027.

CHALLENGES FINISHED _____	BOOKS READ _____	NEW PLACES _____	KM WALKED / RUN _____
PHOTOS TAKEN _____	NEW SKILLS _____	PEOPLE I MET _____	HARD THINGS DONE _____

My year in 12 words

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

My first challenge of 2027

Not a resolution. A challenge with a start, a finish line and someone who sees the proof.

THE CHALLENGE

LENGTH

☐ 21 DAYS
 ☐ 30 DAYS
 ☐ 66 DAYS
 ☐ 75 DAYS
 ☐ ____ DAYS

START DATE

FINISH LINE

MY MINIMUM ON A BAD DAY

WHO SEES MY PROOF

WHY THIS MATTERS TO ME

MY FIRST 30 DAYS · COLOUR A BOX FOR EVERY DAY YOU SHOW UP

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30