

EA SE INTO 2026

JANUARY

- Set an intention or theme for the year.
- Set an intention or theme for each month (one at a time).
- Break down your months into weekly segments or goals.
- Emerge with a clear intention that will help you navigate 2026 in a way that aligns with your values, goals, and experiences.

CHOOSING A THEME OR INTENTION

- What do you want to say yes to? To say no to?
- What principle do you want to drive your actions in 2026?
- What mindset do you want to embody this year?
- What habits do you want to build?
- What kind of a person do you want to be?

JANUARY'S WEEKLY SEGMENTS

