



# EASE 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

WEEK 1	REFLECT	<ul style="list-style-type: none"><li>• What makes me happy? Why?</li><li>• What weighs me down? Why?</li><li>• What's working? What's not?</li><li>• What accomplishments matter to me?</li></ul>
WEEK 2	CHOOSE	<ul style="list-style-type: none"><li>• Set an intention or theme that is: concrete enough to visualize; broad enough to apply widely; memorable and meaningful.</li></ul>
WEEK 3	ORGANIZE	<ul style="list-style-type: none"><li>• Set up your environment and systems to support your theme or intention.</li><li>• Make it visible, easy, and attainable.</li></ul>
WEEK 4	SOLIDIFY	<ul style="list-style-type: none"><li>• Create an action plan.</li><li>• Keep a log of successes and challenges.</li><li>• Test it in small ways; reflect; try again.</li></ul>