



Discover Your Guiding Word for 2026

Welcome, beautiful soul!

Before we dive into what you want 2026 to be, we must first reflect on 2025. Grab a warm drink, a comfy blanket, and let's reflect on where you have been, so you know where you desire to go.

PART ONE

Take a moment to look back at the past year.

Let's look at what word or intention you chose to guide you and how that went.

My Word/Intention for 2025 was:

What went well? (Where did I shine?)

What didn't go as planned? (Be kind to yourself here.)

Was I able to truly embrace my word? (In what ways?)

Where did I get off track? (The honest truth!)





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PART TWO

Determine Your Upcoming Season

How do you truly want next year to feel? Your best intention aligns with the season your soul is entering. Read through the seasons and note the one that resonates most deeply with you for 2026, and use the space to jot down why.



Resting and learning season

- Do you need time to pause, refill your cup or slow down?
- Does your body, mind or soul need you to focus on healing, understanding yourself & learning to listen to your inner voice?



Planting and experimenting season

- Have you rested and now you feel ready to try new ways to thrive and move out of a season of rest and learning?
- Are you ready to test the things you have learned and go from the “knowing” to the “let’s try this” ?



Growing and performing season

- You have leaned into who you are and what is working. You are ready to nurture your goals and ideas.
- This is the season where you will be consistent despite feeling unmotivated.



Harvest and thriving season

- You are putting in the work on your goals and dreams and completing things you once dreamed of.
- This is the season where you share your progress and efforts.



What season speaks to you? Why?





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PART THREE

Claim Your 2026 Word

Now that you know your starting point and your season, let's list some words that align with the energy you want to embrace. Here are a few to help you explore. Write down a few words of your own, and then circle the one that sends a shiver of "Yes!" down your spine.



Rest words: (Write your own)

- Surrender, Space, Ease, Breathe, Pause, Unwind, Sanctuary
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Planting words: (Write your own)

- Clarity, Foundation, Vision, Research, Prepare, Study, Design
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Growing words: (Write your own)

- Nurture, Courage, Expand, Joy, Focus, Trust, Flow, Discipline
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Harvest words: (Write your own)

- Action, Completion, Claim, Receive, Abundance, Manifest, Lead
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WORD OF THE YEAR 2026-

Now that you have chosen a word, describe what this word will mean to you for the year. Happy New Year!

