



EMPOWER

2026

Visioning & Goal Setting Guide

YEAR REVIEW

Review your 2025 calendar and jot down the highlights from each month.

J A N	F E B	M A R
A P R	M A Y	J U N
J U L	A U G	S E P
O C T	N O V	D E C

2025 YEAR REVIEW

Celebrate How Far You've Come

Before we vision the new year, let's spend some time reflecting on the growth from 2025 & harvesting the wisdom gained. Look back your year review and read the prompts below, and then free style your celebrations of the year on the back of this page. Then create 1-3 power affirmations that help you anchor the biggest upgrades of 2025 as embodied wisdom.

- How have you deepened you connection to yourSelf, your source, your calling, & your community?
- Who have you loved?
- How have you cared for yourself & others?
- Who & what is thriving because of you?
- What have you received?
- What abundance surrounds you?
- Where are you experiencing a sense of security?
- What can you be grateful for?
- What positive changes have you made?
- What healing has unfolded?
- What clarity have you come to?
- What truth have you spoken?
- What courage have you demonstrated?
- What service have you offered?
- What have you invested in this year?
- What energy have you put towards your dreams?
- What challenges have you persevered through?
- How have the challenges grown you?
- What lessons have you learned?
- What mistakes will you never make again?
- What wisdom are you now embodying? *Create 1-3 affirmations!*

BASIC NEEDS ASSESSMENT

The subconscious mind will always orient us towards fulfilling our basic needs. Unless we are consciously meeting our needs, they can undermine the goals we set for ourselves. Let's explore! Assess how fulfilled you are within each of these areas on a scale of 1-10.



- *Take a moment to jot down the ways you meet your needs in each section. Are there any unhealthy ways of meeting your needs that need to shift?*
- *Notice which areas need attention.*



WHAT NEEDS TO CHANGE?

*Assess your current grievances to gain clarity of your needs and
reclaim responsibility for your fulfillment.*

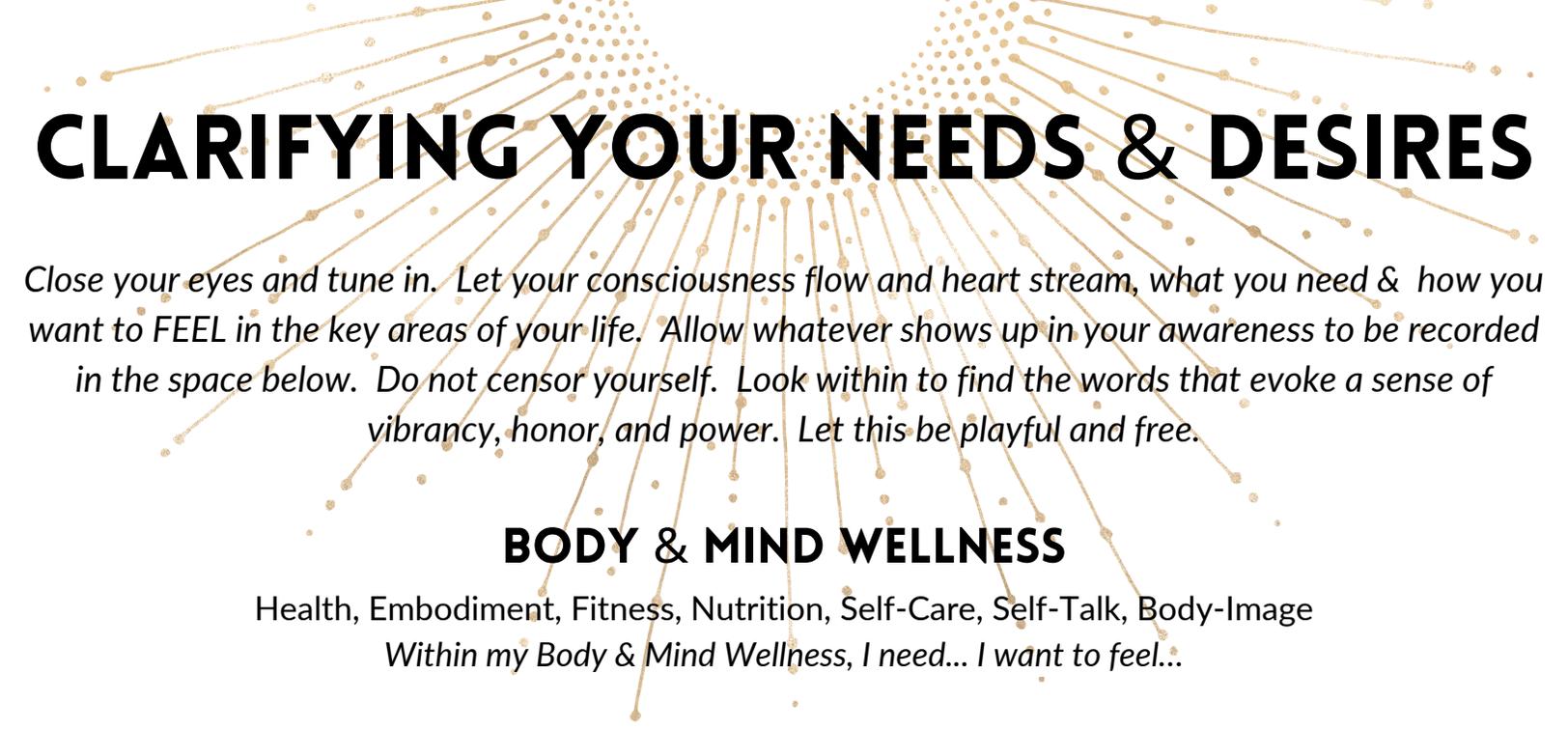
Where am I currently experiencing frustration, resentment, dysregulation?

What needs aren't being met in these scenarios?

What actionable steps can I take to meet these needs?

Create an affirmation that anchors this for you.

***Once you complete this section, take a conscious break before continuing to the next section.
Have a snack, move your body, burn some sage, and refresh your energy.



CLARIFYING YOUR NEEDS & DESIRES

Close your eyes and tune in. Let your consciousness flow and heart stream, what you need & how you want to FEEL in the key areas of your life. Allow whatever shows up in your awareness to be recorded in the space below. Do not censor yourself. Look within to find the words that evoke a sense of vibrancy, honor, and power. Let this be playful and free.

BODY & MIND WELLNESS

Health, Embodiment, Fitness, Nutrition, Self-Care, Self-Talk, Body-Image
Within my Body & Mind Wellness, I need... I want to feel...

CAREER & FINANCES

Career, Profession, Money, Work, Resources
Within my Career & Finances, I need... I want to feel...

SELF EXPRESSION & PERSONAL DEVELOPMENT

Creativity, Skills, Interests, Education, Practices
Within my Self Expression & Personal Development, I need... I want to feel....



FAMILY & FRIENDS

Friendship, Connection, Community, Tribe
Within my Family & Friends, I need... I want to feel...

LOVE & INTIMACY

Dating, Partnership, Sensuality, Romance
Within my Love & Intimacy, I need... I want to feel...

FAITH & SPIRITUALITY

Relationship to Life, Personal Cosmology, Alignment, Intuition, Empowerment
Within my Faith & Spirituality, I need... I want to feel...

SERVICE & SOCIETY

Making a Difference, Life Purpose, Community Service, Ministry, Vocation
Within my Service & Society, I need... I want to feel...

RECREATION & ENVIRONMENT

Physical Possessions, Home, Experiences, Fun
Within my Recreation & Environment, I need... I want to feel...

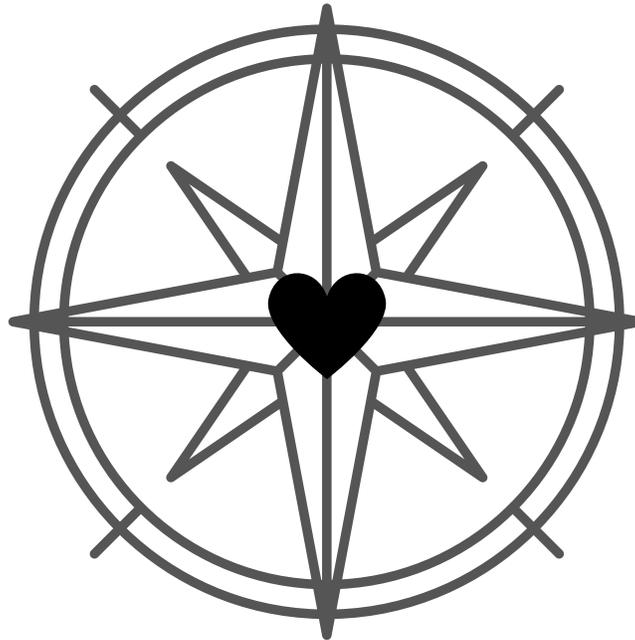
CLAIMING YOUR NEEDS & DESIRES

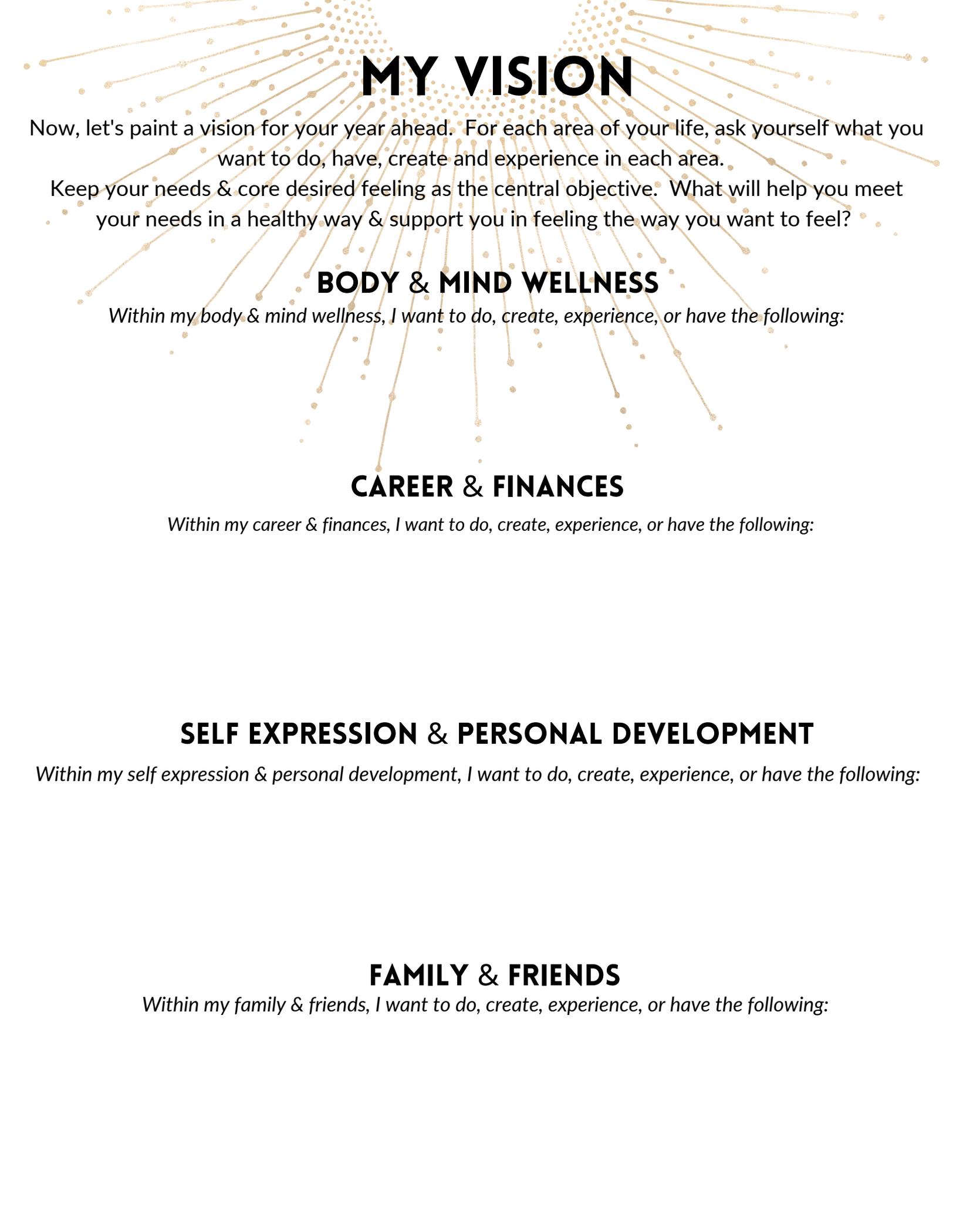
“Decide what you want to be, do, and have, think the thoughts of it, emit the frequency, and your vision will become your life.”

-THE SECRET

It's time to zero in on the 8 most essential feelings and qualities that you are calling forth this year. Your personal compass to guide your goal setting process. Go back & circle the words that resonant the most & then hone in on 8 that are so precise, they are almost electric.

Fill in the compass below with your most desired feelings & important needs of the year. Then cut it out and post it in your space where you can connect to it daily.





MY VISION

Now, let's paint a vision for your year ahead. For each area of your life, ask yourself what you want to do, have, create and experience in each area.

Keep your needs & core desired feeling as the central objective. What will help you meet your needs in a healthy way & support you in feeling the way you want to feel?

BODY & MIND WELLNESS

Within my body & mind wellness, I want to do, create, experience, or have the following:

CAREER & FINANCES

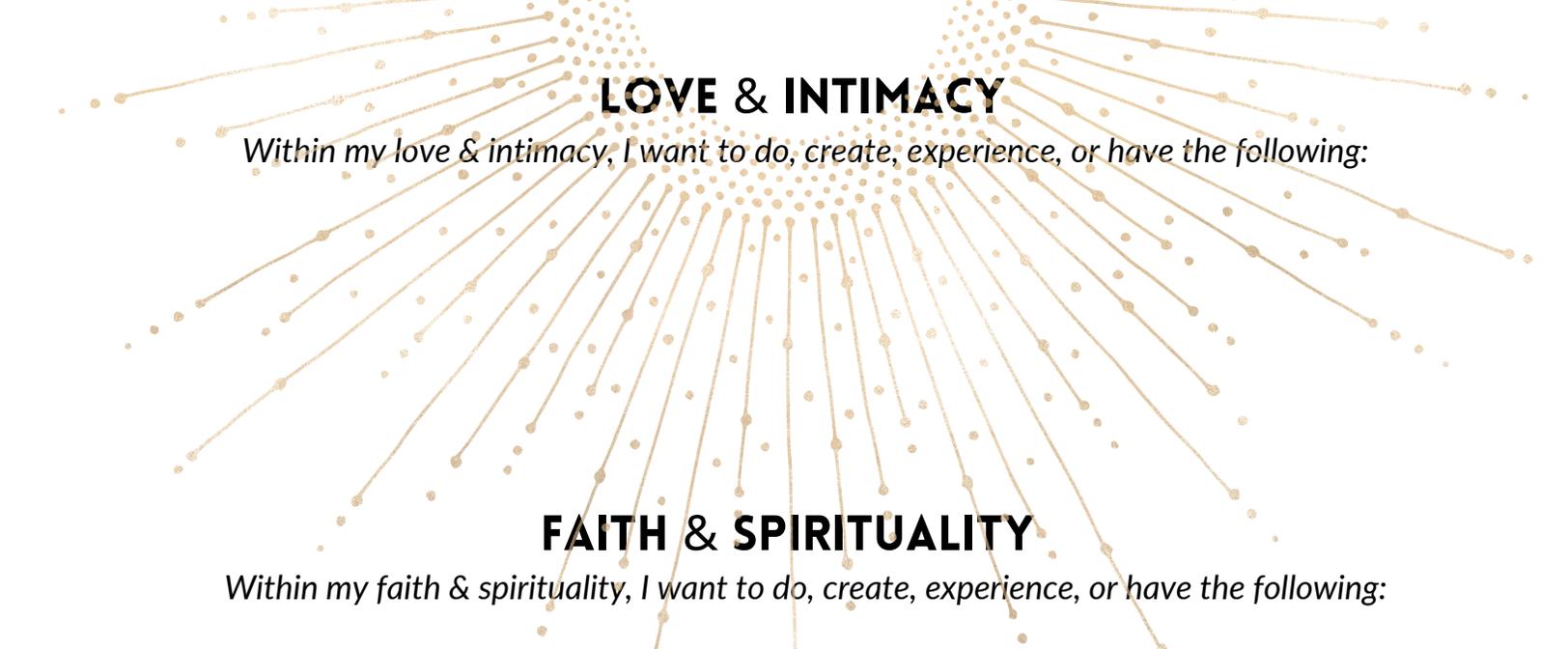
Within my career & finances, I want to do, create, experience, or have the following:

SELF EXPRESSION & PERSONAL DEVELOPMENT

Within my self expression & personal development, I want to do, create, experience, or have the following:

FAMILY & FRIENDS

Within my family & friends, I want to do, create, experience, or have the following:



LOVE & INTIMACY

Within my love & intimacy, I want to do, create, experience, or have the following:

FAITH & SPIRITUALITY

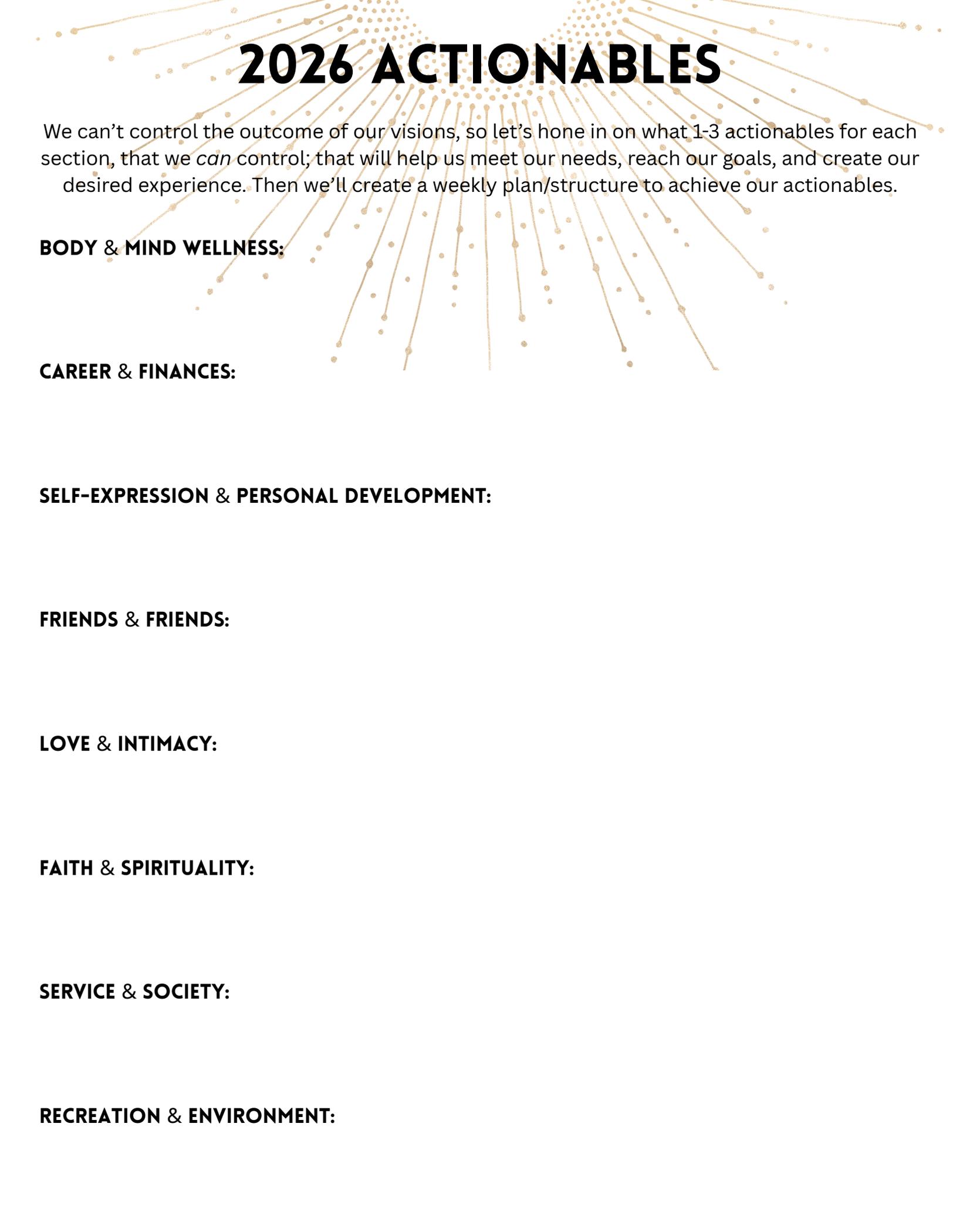
Within my faith & spirituality, I want to do, create, experience, or have the following:

SERVICE & SOCIETY

Within my service & society, I want to do, create, experience, or have the following:

RECREATION & ENVIRONMENT

Within my recreation & environment, I want to do, create, experience, or have the following:



2026 ACTIONABLES

We can't control the outcome of our visions, so let's hone in on what 1-3 actionables for each section, that we *can* control; that will help us meet our needs, reach our goals, and create our desired experience. Then we'll create a weekly plan/structure to achieve our actionables.

BODY & MIND WELLNESS:

CAREER & FINANCES:

SELF-EXPRESSION & PERSONAL DEVELOPMENT:

FRIENDS & FRIENDS:

LOVE & INTIMACY:

FAITH & SPIRITUALITY:

SERVICE & SOCIETY:

RECREATION & ENVIRONMENT:

WEEKLY PLANNER

*"Take the first step in faith.
You don't have to see the whole staircase. Just take the first step".*

-MARTIN LUTHER KING

*Needs & Core Desired
Feelings*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DAILY ALIGNMENT PRACTICE

Use the awareness gained within this journaling guide to create a vision board that represents the needs, feelings, wisdom, and actionables that you are choosing to focus on & embody this year. Place your vision board where you are able to sit and connect with it daily for this practice. This is about retraining our embodied attention towards what truly matters and towards what we are choosing to create.

5 MIN MORNING PRACTICE:

- 1. Gentle shaking / intuitive movement - 1 minute**
- 2. Get still and centered (resource yourself w/ earth, source & self) and breathe - 1 minute**
- 3. Create a mind-body connection to your needs, your core desired feelings, and affirmations (Say them, feel them, practice them, embody them, claim them, and maybe even do some intuitive EFT tapping with them) - 2 minutes**
- 4. Ask your inner guidance for your actionable steps of the day & write them down - 1 minute**