

Reflect & Reset Week 2025

Day 4: Set your intentions for 2026

What do you want next year to look and feel like?

Before you can decide *what* to do next, you have to get clear on what the end destination will be. Today you're going to start creating that clear vision of what you want your business to look like, how you want it to feel, the things that you're going to be doing and how you want to move through the year.

This is space to bring to life the version of your business that supports your energy, your lifestyle, your personality, strengths and values. Not the perfect polished version. Not the version that you think you should be living. But the one that feels most like you.

Journal Prompts

Part 1

I want you to imagine it's December 2026.

You've lived another year in your business and you're feeling relaxed, grounded and glowing with quiet confidence that says... "I love what I do and I'm proud of what I've built".

The right people found you and you're content with how you've approached and managed your marketing this year - not because it was perfect, but because it reflected who you are. It felt natural, consistent and effective.

Watch or listen to the Day 4 visioning exercise, then reflect in as much detail as possible:

What has a successful 2026 looked like for your business? How do you feel? What have you done? Who have you worked with? How have you promoted your business? What revenue target have you achieved? What have you created or launched? How have you grown as a business owner?

Close your eyes and step into that vision...

Part 2

- 1. Reflect on your vision and identify the 3 things that matter most to you. Why is that & what will it mean for your business if you achieve them?**
- 2. Based on your vision, which areas of your marketing need most attention & focus next year? What will make the biggest difference?**
- 3. What do you already know (from everything you've reflected on this week) that you want to bring with you, leave behind, or do differently as you move toward this vision?**

And finally

- If you only focused on one thing for the next 3 months, what would move you closest to your vision?**