



Be "Intentional" ---get crystal clear on who you are, where you are going, with whom and why.

### **"Intentions for 2026"**

1. Goal setting
2. Time Management
3. Fit mind and body
4. Personal vision (What on Earth am I here for?)
5. Sets aside time for reflection (self care)
6. Keep personal finances in order
7. Good social life
8. Strong relationships with partner, family, kids, friends ...
9. Resilience (Head in the sky, feet on the ground)
10. Self motivation
11. Self acceptance
12. More Fun, more travelling
13. Gets others to do stuff (practice delegating)
14. Keep your space clutter free (get rid of stuff not being used, they make great gifts to others)
15. Less phone scrolling, definitely not first thing in the morning
16. Be calm in responding, think and then speak. Let the breath be the first way to reaction to something