



# 2025 - 2026

## Year Review & Planning

Light some candles, burn some incense, get yourself a hot beverage, your favorite tarot cards, a pendulum or whatever else you use, then snuggle up in your favorite spot with these work sheets.

Before you begin writing, ground and center and ask your light team, guides, higher self, or whoever you work with, for help with this planning session.

Now start wherever you would like to start, but I suggest doing the year review first. If you get stuck, just jump to the next prompt. Make it your own and have fun with it!

*For more information, navigate to <https://wegehenkel.com/blog/>*

# 2025 Year Review

Which of your **goals** from last year did you reach?

Which didn't you and why?

What **projects** were you involved in?

Which **items from your wishlist** came into your life?

# Looking Back

Write a short recap of your year. What are you proud of? What stood out? How have you grown?

# Goodbye 2025

What **have you learned** this year?

What **surprised you**?

How have you **taken care of yourself** this year physically, mentally, spiritually?

What did you **let go of** this year, and how do you feel about it? Have you uncovered new priorities?

How have you **evolved** over the last 12 months? What is different now?

What has **supported you the most** throughout the year?

What are you **proud of** this year?

What do you feel you **need to improve**?

# Thank You 2025

What are you grateful for this year? Have you had any big insights?  
Use the whole page if possible.

How does it get even better than that?\*

# Releasing 2025

Remember the losses, the goodbyes, the struggles. What needs to be forgiven?  
Be gentle with yourself!

Who does this belong to?\*

What else is possible?\*

How does it get any better than that?\*

Thank you 2025, you are now complete!

*\*Access Consciousness tool*

# Welcome 2026

What is your primary purpose, your WHY? Has it changed from last year?

## Your Wishlist

Write down the things you would like to invite into your life. Be as outrageous as you want to be!

## Word / Phrase of the Year

Do you have a word or phrase for this year? How will it help you? How does it make you feel?

What do you REALLY want this year?

## Physical / Health

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?



## Finances

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Family

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

### Significant Relationship(s)

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Career / Work

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Creativity / Play

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Home

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Self Growth / Spirituality

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Community

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?



## Travel / Adventure

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

## Other

**Intention:** What do I really want here? What would it look like? How would it feel?

**Opposition / Resistance:** What stops me? What are the stories that say that I can't have this?

**Qualities:** What Qualities would I need to be able to have this?

**Now note your main goals here:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_

*Dear Source/Universe/God: please bring me these intentions or even more - for the highest purpose!*

**What are the main themes from the above worksheets?**

**What tools do you have that will help you accomplish your goals?**

Tools could be meditation, walks, daily gratitude etc.

**What projects are you planning to be involved in?**

*What do I have that nobody else has that, if I institute it today, would change my reality in 5 years?\**

*\*Access Consciousness tool*

**In December 2026, where do you want to be..**

..in your **head** (work, dreams, goals)?

..in your **heart** (relationships, family, friends)?

..in your **soul** (beliefs, practices, self-love)?

..in your **physical world** (home, leisure, hobbies)?

..with your **finances**?

What are you **looking forward to** this year?

What are you **feeling apprehensive about**?

What do I have that nobody else has that, if I institute it today, would change my reality in 5 years?\*

What areas would you like to focus on for **change and growth**?

What **parts of yourself will you nurture** this year and how?

Why is this important to you?

If you embodied this every day this year, **what would you do differently**?

What would you like to **make more time for**?

What **one thing** could you do daily that would get you there?

## Self Development: Mind & Heart

Identify 3 unhelpful beliefs about yourself you're ready to release:

- 1)
- 2)
- 3)

Which 3 commitments are you ready to let go of this year?

- 1)
- 2)
- 3)

List 3 skills you'd like to learn or improve this year:

- 1)
- 2)
- 3)

How could you bring more awareness to your actions this year?

Identify 3 things about yourself you appreciate & value:

- 1)
- 2)
- 3)

Decide 3 ways you could be kinder to your body this year:

- 1)
- 2)
- 3)

Brainstorm 3 ways you could deepen connections with loved ones this year:

- 1)
- 2)
- 3)

How could you expand your capacity for love this year?

## Self Development: Home & Creativity

List 3 ways you could cherish your home this year:

- 1)
- 2)
- 3)

Decide 3 ways you could connect more deeply with nature this year:

- 1)
- 2)
- 3)

List 3 places in your city, town or neighbourhood you'd like to explore:

- 1)
- 2)
- 3)

How could you bring more groundedness into your life this year?

Identify 3 interests you'd like to dive deeper into this year:

- 1)
- 2)
- 3)

Choose 3 ways you'll nourish your imagination and creativity this year:

- 1)
- 2)
- 3)

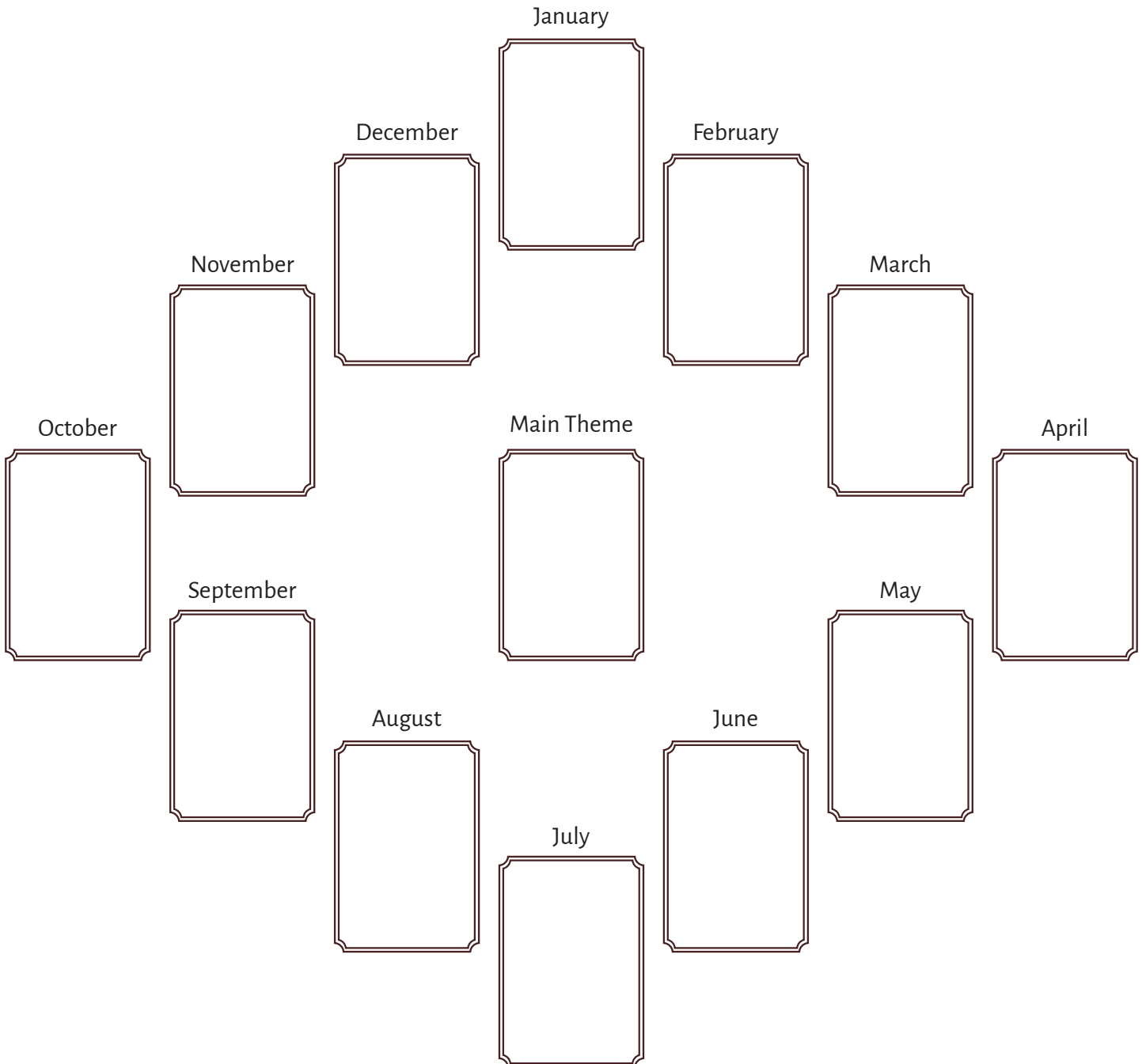
Write down 3 dreams you'd like to bring to life this year:

- 1)
- 2)
- 3)

How could you bring more playful energy into your life this year?

## 2026 Forecast

Use your favorite tarot or oracle deck to get a feel for the possible energies of the new year. Shuffle the cards face down and when you feel ready draw 13 cards from anywhere in the deck. Lay them out in the positions above, starting with the theme card in the center. As you turn over each card pay attention to anything that comes to mind as you look at the image before checking the guidebook. As always, come to the cards with a sense of curiosity and an open mind.






# Time Travel

## Exercise

Imagine the year has already passed and it is December 2026. You are one year older and wiser, and you have a message for your younger self. Write it down here, in the form of a letter to yourself, starting with “Dear [name]”.



I wholeheartedly believe that  
anything is possible in 2026!

# My Vision for 2026

I will say YES to:

I will say NO to:

By the end of the year I will be:

By the end of the year I will have:

By the end of the year I will feel:

By the end of the year I will know:

What will need to change in me for me to ALLOW these things into my life? Notice where I feel a little contracted or uncomfortable when thinking about it and clear them.

*In 2026 I promise myself that I will love, forgive, grow and enjoy my life!*