



## PART 2: LETTING GO

We all have things that get in our way, that are long past their “use by” date. Take a look at what you no longer want in your life. What have you tolerated (and continue to tolerate) that drains you of energy? These could be physical objects, poor habits, limiting beliefs, and even people.

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What did you resent doing in 2025? What do you want to stop doing moving forward? What missteps do you want to leave behind in 2025?

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The biggest mistake we can make is to go into a new year with old baggage. With that in mind, who do you need to forgive and why? How could forgiving this person change your life for the better? *It isn't always easy to forgive, but it could be the most important thing you do all year, and it will grant you more freedom.*

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If you were to fully live your life right now in this moment, what is the first thing you would need to change?

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## PART 3: MANIFEST, DREAM, CREATE

What do you want more of in your life? What do you want to bring into your life? What experiences would you like to enjoy? How would you like to be?

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What would you like to accomplish in 2026? What are you committed to this year that you didn't do last year? *You know the power of setting goals: You have a much better chance of hitting a target when you know what it is.*

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What are 3 to 5 things that you wish to happen for you in your lifetime?

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What can you put on your vision board that will get you one step closer to reaching these dreams and goals?

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What are you committed to let go of **right now?**

Write them in the squares, cut them out, go outside, and burn them. Set yourself free!

