

2026 PLANNING RESOURCE

It's time to consider the areas of your life, listed below. Some areas are important to you, while others have little to no meaning or value to you.

**Rate the priority you place on each area of life by marking: High (H), Medium (M), or Low (L).
 Note reflections on your activities in each area for the past year.
 Then note goals in each important area for 2026.**

FACETS OF LIFE	Past Reflections	New Reflections
<p>Appearance/ Cosmetic Improvements H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Health/ Wellness H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Family Involvement H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Association/ Relationships H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Work/ Profession H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Hobbies/ Volunteering H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Knowledge/ Skills H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Finances H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Spirituality H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>Recreation H M L</p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

OPTIONAL EXTRA ACTIVITY: What are activities you spend a lot of time doing, but don't find particularly enjoyable or fulfilling? Consider if/how to reduce or eliminate them since they don't benefit you. The objective is to be with more intentional with your time.