T&T 2025 Review, 2026 Preview:

Intentions/ Goals Worksheet 2025:

In 2025 I was (one word):

• 2 blessings in 2025:
• 2 challenges I overcame:
• 2 points of personal growth:
• 2 points of professional growth:
• 2 things I appreciate about last year:
• 2 ways I was kind to myself/ self-care:
• 2 people I am grateful for 2025:

In 2026 I will be (one word):

• 2 thing I hope for in 2026 and what am I doing to make them happen?

• 2 points of personal growth I am aiming for and how will I achieve them?

• 2 points of professional growth for 2026 and how will I achieve them?

• 2 ways I will be kind to myself this year?

• 2 goals/intentions for 2026

• Any tracking tools or points of accountability?

Statements:
• I believe:
• I will achieve:
• I see myself as:
• I choose to be (one word):
• I am worthy of:
• I am: ready.

2026 Mission Statement: