



2026 Vision Board Worksheet (No Glue Required)

This worksheet is designed to be filled out over dinner with a friend, partner, or on your own. Take your time. Skip questions. Come back later. This is reflection—not a test.

How to Use This Worksheet

- Grab a meal or snack
- Put your phone away (or on Do Not Disturb)
- Read each prompt slowly
- Write words, phrases, or short sentences—no essays required

There is no right way to do this.

Part 1: How I Want 2026 to *Feel*

Instead of focusing on what you want to *do*, start with how you want to *feel*.

In 2026, I want to feel more: - _____ -

_____ -

_____ -

And less: - _____ -

_____ -

When I imagine a “good enough” week in 2026, it looks like:

Part 2: Nervous System & Well-Being

My nervous system feels most settled when I:

Signs that I'm doing *too much*:

One way I want to protect my energy this year:

Part 3: Work, Purpose & Pace

In 2026, I want my work or daily responsibilities to feel:

The pace I'm aiming for this year is: Slower Steadier More intentional Still figuring it out

Something I'm ready to stop proving:

Part 4: Relationships & Boundaries

In my closest relationships, I want to be more:

A boundary I want to practice more consistently:

The kind of connection I'm craving this year:

Part 5: Growth, Healing & Support

Something I'm gently working on (not rushing to fix):

A pattern I feel ready to loosen:

Support I may need more of this year (people, therapy, rest, structure, honesty):

Part 6: Letting Go

In order to make space for what I want, I may need to release:

This might be a belief, habit, expectation, or role.

Part 7: My 2026 Intention

If I had to name one guiding intention for 2026, it would be:

Why this matters to me:

Closing Reflection

One thing I want to remember when this year feels hard:

A reminder: Your vision does not need to be ambitious, aesthetic, or impressive. It only needs to be honest.