

MY 2026 PLAN

2026 PLANNER

Teach Grown-Ups Well



Dr. Lisa Ellem
Teach Grown Ups Well

www.academyoflearning.com.au
ACADEMY OF LEARNING FOR ADULTS

Welcome to Your 2026 Planner for Teaching Grown-Ups Well

Teaching adults is meaningful work. It is relational, intuitive, practical, and deeply human. It asks for clarity, compassion, structure, creativity, and, above all, presence. This planner is designed to support *you* as the leader, guide, coach, or trainer who is shaping adult learners with intention and impact.

This is more than a diary. It's your companion for a year of thoughtful planning, reflective practice, and purposeful action. Here, you'll define what matters most in your teaching, design learning with intention, and stay connected to the bigger picture while navigating the everyday realities of educating grown-ups.

You will begin by setting your vision for 2026, your dreams, priorities, and intentions as an educator. You'll then move into quarterly planning where big goals are broken down into practical, achievable steps rooted in adult learning principles. Each day offers a space to realign through gratitude, reflection, and affirmations, reminding you to teach from steadiness rather than stress.

Whether you work in higher education, vocational training, corporate learning, clinical education, community, coaching, or leadership development this planner helps you stay aligned with your purpose: **teaching grown-ups well.**

Let this year be grounded, meaningful, and aligned. Let your work reflect your wisdom. Let your practice expand with confidence and clarity.



About Me — Dr. Lisa Ellem

Teacher. Nurse. Researcher. Mentor. Advocate for Teaching Grown-Ups Well.

I am a passionate educator dedicated to helping teachers, trainers, coaches, facilitators, and organisations create meaningful learning for adults. My work centres on improving the way adults learn in workplaces, classrooms, universities, and community spaces. I believe in practical learning, purposeful design, cultural awareness, and the transformational power of education.

My own path began in nursing, working in acute care, chronic and Indigenous health, before expanding into business, adult education, vocational training, higher education, and workplace learning. I carry the curiosity of an academic, the grounded practicality of a nurse, and the heart of a teacher into every space I work in.

My mission is simple: **help teach grown-ups well.**

With clarity. With compassion. With courage.

And with the understanding that adults bring experiences, emotions, and lives that shape how they learn.

Join me in 2026 as we continue reimagining what learning for adults can be.

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Your 2026 Planner for Adult Educators

Teach grown-ups well — with clarity, purpose, and ease.

This planner is for leaders, trainers, coaches, lecturers, facilitators, clinical educators, learning leaders, and anyone supporting adults to grow. It helps you structure your year, design goals that matter, and stay connected to your purpose as an adult educator.

Inside You'll Find:

- ✦ Space to map your big teaching and professional goals
- ✦ Quarterly planning grounded in adult learning principles
- ✦ Monthly and weekly reflective prompts for educators
- ✦ Daily gratitude and grounding space
- ✦ Affirmations beginning with *I AM*
- ✦ A beautiful balance of planning, reflection, and wellbeing

It's time to step into 2026 with intention.

Aligned. Thoughtful. Purpose-driven.

Teaching grown-ups well — without burning out, losing clarity, or forgetting your “why.”

Let this year be your most grounded and impactful yet.

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The BIG 2026 DREAMS

What do you want this year to mean in your teaching, leadership, learning, and wellbeing?
How do you want to show up as the person your learners experience?

Dream boldly. Write freely. Let possibility speak.

INTENTIONS

Your intentions guide your energy, decisions, boundaries, and presence.

Who am I teaching this year?

How do I want them to experience learning with me?

What do I want to model as an educator?

Where am I being called to grow?

Statement of Intention:

No matter what, 2026 is the year I...

(Write from purpose. Write in present tense. Let it feel like truth.)

THE BIG PICTURE

Your “why” sits beneath every lesson, decision, conversation, and challenge.

What is the impact you want to make?

Why does this matter?

What could this change?

What discomfort must you face?

What needs to be released?

How can your teaching become more human and more aligned?

How will you celebrate your growth?

Let this page hold the truth of your mission.

YEAR AT A GLANCE

<u>January</u>	<u>February</u>	<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>
<u>July</u>	<u>August</u>	<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>

Quarterly Planning

The Plan 2026 – Teaching Grown-Ups Well

Quarter 1

Quarter Goals:

January

Monthly Intentions:

Notes:

February

Monthly Intentions:

Notes:

March

Monthly Intentions:

Notes:

Quarter 2

Quarter Goals:

April

Monthly Intentions:

Notes:

May

Monthly Intentions:

Notes:

June

Monthly Intentions:

Notes:

Quarter 3

Quarter Goals:

July

Monthly Intentions:

Notes:

August

Monthly Intentions:

Notes:

September

Monthly Intentions:

Notes:

Quarter 4

Quarter Goals:

October

Monthly Intentions:

Notes:

November

Monthly Intentions:

Notes:

December

Monthly Intentions:

Notes:

The Plan 2026 – Weekly Diary (Weeks 1–18)

Week 1

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 2

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

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What worked today:

Gratitude:

Wednesday

To teach:

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What worked today:

Gratitude:

Friday

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What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 3

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

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What worked today:

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Week 4

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

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Sunday

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Week 5

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

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Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 6

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

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Gratitude:

Saturday

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To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

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Week 7

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

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What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 8

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

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What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 9

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

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Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 10

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

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To prepare:

What worked today:

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Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 11

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

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What worked today:

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What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 12

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

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Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 13

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 14

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 15

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 16

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 17

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 18

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

The Plan 2026 – Weekly Diary (Weeks 19–36)

Week 19

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 20

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 21

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 22

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

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What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 23

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 24

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

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What worked today:

Gratitude:

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 25

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

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What worked today:

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What worked today:

Gratitude:

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What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 26

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 27

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

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Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 28

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

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What worked today:

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 29

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

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What worked today:

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 30

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

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What worked today:

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 31

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

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What worked today:

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 32

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 33

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 34

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 35

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 36

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

The Plan 2026 – Weekly Diary (Weeks 37–42)

Week 37

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 38

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 39

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 40

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 41

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 42

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

The Plan 2026 – Weekly Diary (Weeks 43–48)

Week 43

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 44

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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To prepare:

What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 45

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 46

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 47

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 48

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

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What worked today:

Gratitude:

Friday

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To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

The Plan 2026 – Weekly Diary (Weeks 49–52)

Week 49

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 50

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 51

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Week 52

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

EXTRA

Weekly Reflection:

Weekly Affirmation (I AM...):

Teaching Priorities:

Wellbeing Check-In:

Notes / Ideas:

Monday

To teach:

To prepare:

What worked today:

Gratitude:

Tuesday

To teach:

To prepare:

What worked today:

Gratitude:

Wednesday

To teach:

To prepare:

What worked today:

Gratitude:

Thursday

To teach:

To prepare:

What worked today:

Gratitude:

Friday

To teach:

To prepare:

What worked today:

Gratitude:

Saturday

To teach:

To prepare:

What worked today:

Gratitude:

Sunday

To teach:

To prepare:

What worked today:

Gratitude:

Building Contacts

Name	Contact	What do I need to remember about them

The 2026 Review

What are you grateful for?

What will you change?

What did you learn?

How have you grown?

Passions, Vision and Plan for 2027

Dream your passion, vision and plans for 2027.

Just do it!

The Gratitude List

Use the following pages to record the things in life you are grateful for. You can draw, write or doodle. Think about how this thing that you are grateful for makes you feel.

Importantly, write down why you are grateful! This is key!

Here's an example of the format.

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

I am grateful for because

This makes me feel.....

Thank you

Thank you

Thank you

Thank you

Thank you

Thank you