



# Creating Legacy Wellness

*Navigating Well-Being Together*



## New Year Reflection Ritual Guide 2026

This reflection ritual is designed to help you pause, review, and realign your goals and energy. Whether you're leading a team, running a business, or simply leading your life with intention, this guide invites you to reflect with compassion and purpose.

### 1. Reflect – Celebrate Your Wins

What are your top 3 wins for 2025? They can be big or small. The goal is to acknowledge progress with gratitude.

**Win #1:**

**Win #2:**

**Win #3:**

### 2. Assess – Notice What Didn't Work

What areas felt misaligned, overwhelming, or unproductive? Be curious, not critical.

**Challenges I faced:**

**Habits or systems that need improvement:**

### 3. Realign – Choose Again

What are you ready to release? What do you want to invite in for the next 6 months?

**I release:**

**I recommit to:**

### 4. Recommit – Set New Intentions

Pick 1–3 meaningful goals or values to guide your next season.

**Intention #1:**

**Intention #2:**

**Intention #3:**

### ♥ Integration Practice

Place one hand on your heart and the other on your belly. Inhale deeply. Exhale slowly.

**Affirm:** "I honor my growth. I adjust with grace. I lead from alignment."

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