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Reflecting on 2025, Designing 2026

JOURNAL

A guided reflection to close your
year with clarity and design the
next one with intention.

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Hi there!

This workbook was crafted with love and intention to be a gentle companion as we wind down 2025 and prepare for 2026.



In line with Neverdrift's mission to empower people to live more intentionally, these pages invite you to pause, process, and design with awareness.

So much of our growth happens in motion. But the deepest clarity actually arrives when we take the time to reflect, to honour what was and to choose what comes next with care.

Reflection helps us see the patterns we've outgrown, the values we've strengthened and the truths we may have forgotten in the busyness of the year. It turns experience into wisdom and aligned action.

As you move through this workbook, take your time. Let your answers breathe. Notice what emotions arise, what lessons stay with you, and what desires begin to take form.

This is your invitation to close 2025 with clarity and gratitude and to step into 2026 with a renewed sense of direction, groundedness, and calm purpose.

Here's to living intentionally and to your next season
– living by design and not by default.

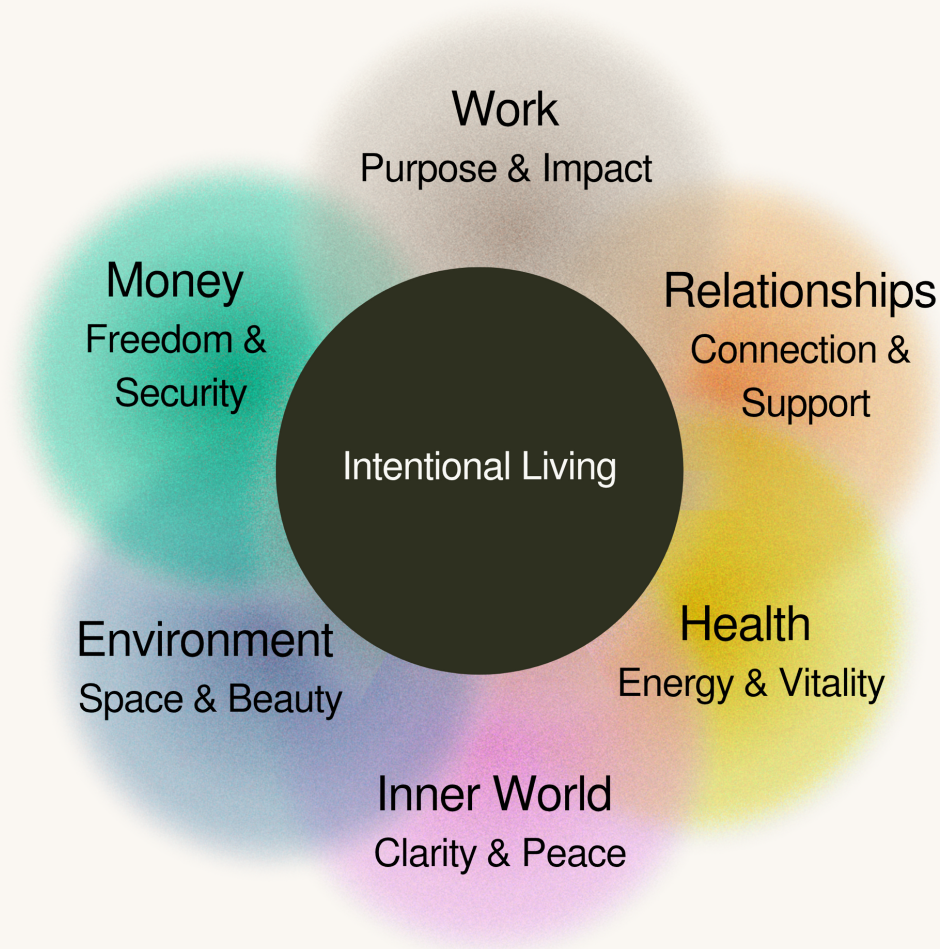
Love,
Natalie

The Neverdrift Philosophy: Your quality of life is as strong as your weakest area.

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Instead of drifting on autopilot, you can actively design your life:

- How you spend your time
- How you show up in relationships
- How you take care of your energy and wellbeing
- How you choose which opportunities to pursue (and which to let go)



Everything is connected.
When these move together, you feel whole.

Section 1 — *Pause*

Reflect on 2025

A quiet truth: We rarely
pause to see how much
we've actually grown.

Before planning ahead, let's
take a breath and look back.

1. What season was 2025 for me?



Describe the overall “texture” of this year: Was it a building year, a healing year, a redefining year, a stretch year and why?

2. What moments shaped me the most?



- List 3–5 moments (big or small) that shifted your perspective, priorities, or energy.
- What did each moment reveal about what really matters to you?

3. Energy & Alignment Audit



Across the main areas of life (work, relationships, health, growth, fun, physical environment etc):

- What energized me most this year?
- What drained me most?
- Where did I feel most “me”?



4. Growth inventory

- What did I learn about myself in 2025 i.e emotionally, mentally, spiritually, or practically?
- What habits, patterns, or beliefs did I outgrow?
- What strengths did I start to trust more?

5. Gentle accountability

A dark green circular logo with the text "never drift." in white, lowercase, sans-serif font. The word "never" is on the top line and "drift." is on the bottom line.

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- What goals or intentions didn't unfold the way I hoped?
- What might that be teaching me about pacing, priorities or support?
- How can I hold these moments with more compassion rather than judgment?

Section 2 — *Shift* Iteration and Integration

Growth isn't about doing
more – it's about aligning
better.

Direction > Speed.



6. Lessons To Integrate

- What key lessons from 2025 do I want to carry forward with me to 2026?
- What will I consciously leave behind in 2025?



7. Core Recalibration

- What 3–5 values feel most alive for me entering 2026?
- Where am I currently living in integrity with those values and where am I drifting?
- What actions would I like to take to change that?



8. System Reset

Looking at how I worked, planned, and cared for myself in 2025:

- Which systems supported me best?
- Which ones need simplifying or re-designing?
- If I could build my ideal rhythm for 2026, what would it look like weekly or monthly?

What I am taking away from 2025



Look back at all the reflections you have shared in the previous pages and summarize the key themes here.

Section 3 — *Create* Vision for 2026

Your next season doesn't
have to be bigger.

It just has to be truer.



9. My guiding word or theme for 2026 is...

(Examples: Ease, Expansion, Devotion, Focus, Reconnection.)

Why does this theme feel right for me?

10. Future Self Check-in



Imagine it's December 2026.

- What would make me proud of how I showed up this year?
- What would I love to say I finally embraced or let go of?
- What are some experiences I would look back on and cherish dearly?

11. Focus Areas



- Looking ahead, what 3–5 areas of life will I intentionally focus on in 2026? E.g Career, Health, Relationships, Growth, Fun, Environment, Finances etc
- For each: what does success look and feel like?

Focus Areas	What Success Looks/Feels Like

Focus Areas

What Success Looks/Feels Like

12. The Key Levers



- If I only did 1-2 things consistently all year that would make the biggest difference, what would it be and what would that look like?
- What system, support, or environment do I need to make it easier?

Section 4 — *Momentum*

Consistent Steps & Systems

Momentum isn't about
speed.

It's about staying
connected to what matters,
even when life gets full.

13. Reflection Rhythm

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- How often will I pause to review and realign (monthly, bi-monthly, quarterly, etc.)?
- What small ritual will remind me to check in (journaling, walks, music, accountability partner)?



14. Support Ecosystem

- Who can walk with me in 2026 e.g mentors, friends, community, coach/therapist?
- What kind of conversations or spaces or practices can help me stay grounded in growth?
- How can I weave them in more in my day to day?

15. Closing Reflection



Complete the sentences:

- "In 2026, I want to feel more ____ and less ____."
- "I'm ready to let go of ____ and welcome ____."

My Annual 'Plan on a Page' 2026



Look back at all the reflections you have shared in the previous pages, and summarize them here.

General Reflections



A large, empty white rectangular area intended for writing reflections.

General Reflections



A large, empty white rectangular area intended for writing reflections.

**Take a deep breath.
Reread what you've written.
Notice the patterns – what
keeps showing up?
What feels ready?**

**Here's to designing your next
season with intention, not
reaction🌿**

To new beginnings

As you reach the end of this reflection, take a quiet moment to honour how far you've come, grown and clarified what truly matters.

This workbook was never meant to be a one-time exercise, but a companion you can return to whenever you need to re-anchor, recalibrate, or remind yourself of what truly matters to you.

At Neverdrift, we believe growth happens in connection through community, reflection, and the courage to live more consciously.

I look forward to walking alongside you in 2026 with new and improved programs and experiences, as you continue building a life that feels steady, meaningful and true.

If something here stirred a thought, question or feedback, I'd love to hear from you. Reach out, we're here to grow together!

Here's to a year built on strong foundations, guided by intention and lived with love and courage 🌱

*Love ,
Natalie*

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Keep In Touch

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