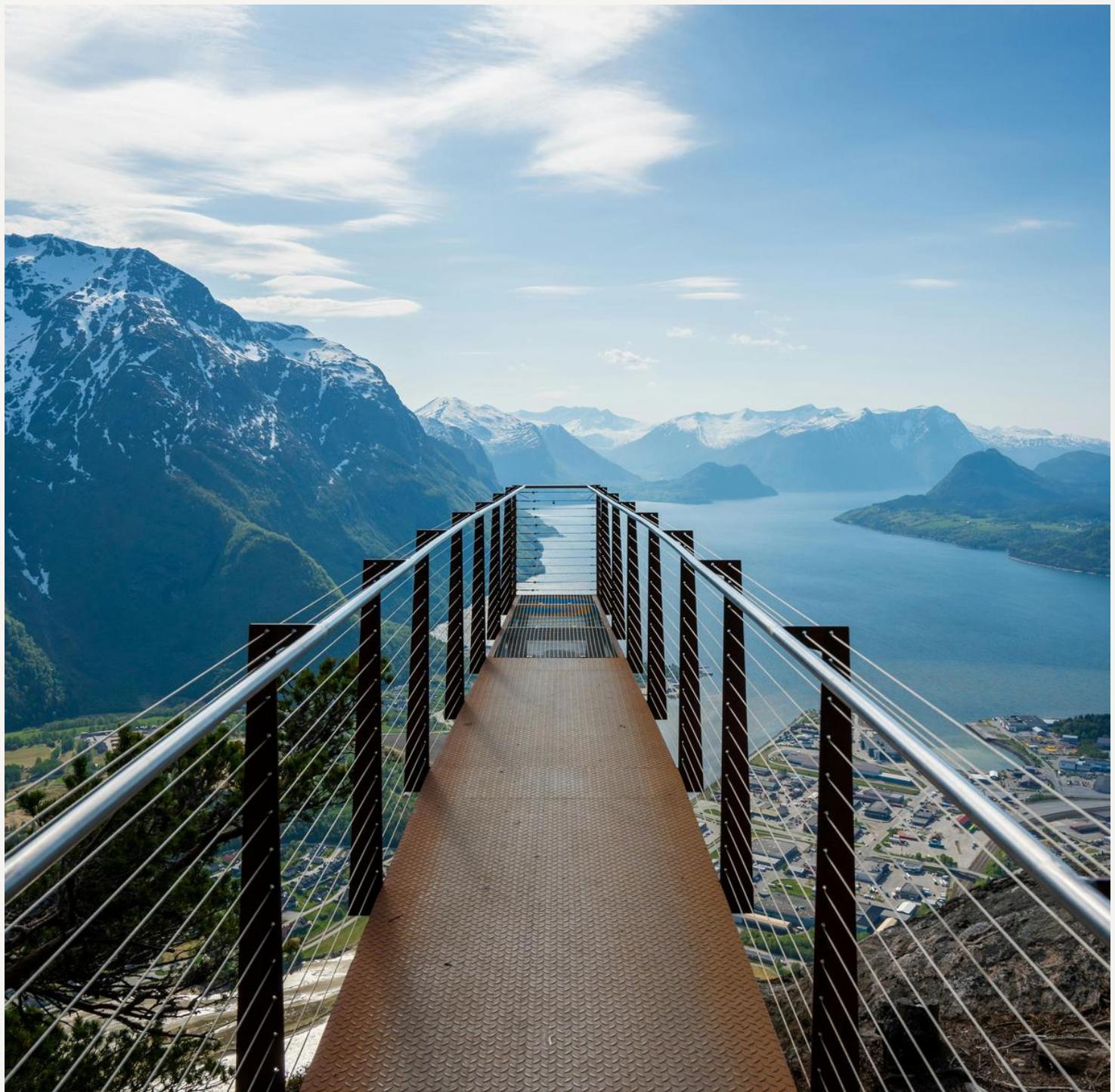


JANUARY 2026

LIFE, DESIGNED

New Year Edition



WELCOME TO

A YEAR YOU CAN LIVE INTO

This isn't here to make you more efficient. It isn't here to turn your life into a checklist. And it isn't here because you need to be fixed.

This is a **life design ritual**; a way of meeting the new year with intention instead of pressure.

Because January has a strange way of convincing us that we should already know. That we should arrive with answers. That we should decide the whole story in advance: who we'll become, what we'll do, how it will all unfold.

We've been taught that certainty must precede movement. That if we can't see the whole path, we shouldn't take the first step.

But life is built differently. You don't need certainty about outcomes. You need **certainty in a life designed to hold you while you grow into it.**

So in these pages, you're invited to slow down. To listen. To start choosing.

You'll explore:

- who you're **willing to be**, even before there's proof
- how you want your life to **feel in ordinary moments**, not just milestone ones
- the **standards** that protect your energy, your integrity, your peace
- the **structures** that make consistency inevitable, not exhausting
- the kind of **trust** that doesn't force

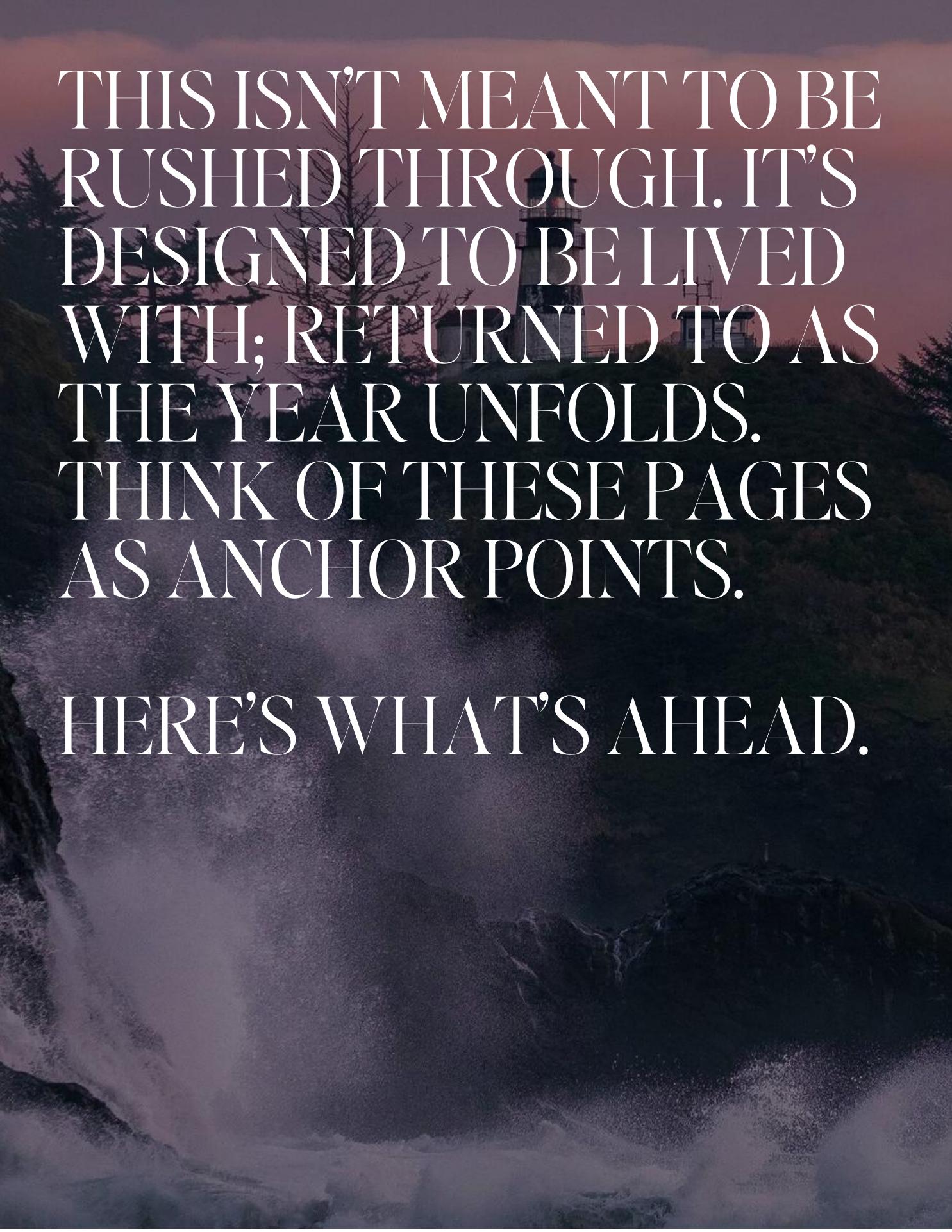
This isn't about having the perfect plan. It's about creating something you can return to when the year asks more of you than you expected.

You are allowed to revise. You are allowed to change your mind. You are allowed to grow quietly.

Let what's true rise gently. And trust that clarity will meet you, not before you begin, but **because you did.**

xo, Talia





THIS ISN'T MEANT TO BE
RUSHED THROUGH. IT'S
DESIGNED TO BE LIVED
WITH; RETURNED TO AS
THE YEAR UNFOLDS.
THINK OF THESE PAGES
AS ANCHOR POINTS.

HERE'S WHAT'S AHEAD.

SET *the* ORIENTATION

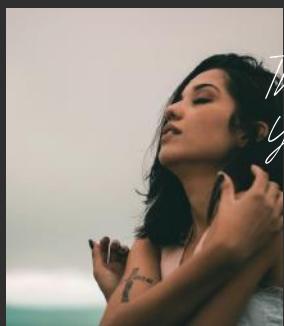
1

Inner Certainty



2

The Feel of Your Life



3

Non-Negotiable Standards



4

Designing Support



5

Experimentation. Not Perfection



6

Trusting the Process



AN INVITATION, NOT AN ASSIGNMENT

Inner CERTAINTY

WHO YOU'RE STANDING AS THIS YEAR



Before you plan, you anchor.

This section is about deciding who you are choosing to be, independent of outcomes, timelines, or external validation. You'll ground into self-trust, steadiness, and an internal sense of certainty that doesn't require proof yet. This becomes the foundation you return to whenever the year feels uncertain.

THE LESSON

Before anything changes on the outside, something has to stabilize on the inside.

Most of us are taught to wait for proof, reassurance, or a clear plan, before we allow ourselves to feel grounded. But certainty doesn't come from knowing what will happen. It comes from knowing who you are, even when you don't.

Inner certainty is not confidence. It's not optimism. And it's not pretending you aren't afraid.

It's the decision to stay with yourself through uncertainty, transition, and growth, without abandoning your values or your nervous system.

This section is not about deciding the year. It's about deciding the ground you're standing on as the year unfolds.

Take your time here. Nothing else works without this.

NOT ALL THOSE WHO WANDER ARE LOST.

— TOLKIEN

1

WHAT FEELS TRUE RIGHT NOW?

Before you think about who you should be this year, pause. Write about what feels true for you right now, without fixing it, reframing it, or making it productive.

You might reflect on:

- What feels stable in me, even if life feels uncertain?
- What feels tired? What feels ready?
- What am I no longer willing to override or ignore?

Let this be observational, not aspirational.



CERTAINTY BEYOND CIRCUMSTANCES

Imagine a version of certainty that doesn't depend on outcomes. Respond to the following:

- What do I know about myself that doesn't disappear when things are unclear?
- What has remained true about me through change, challenge, or reinvention?
- If I trusted that I am supported (even without evidence yet) how would I move differently?

This is not about convincing yourself. It's about noticing what already exists.



3

WHO I'M CHOOSING TO STAND AS

This year is not asking you to become someone entirely new. It's asking you to stand more firmly as yourself.

Complete the sentences below:

This year, I am someone who even when things feel uncertain.

When I don't know what to do next, I choose to

The version of me I'm practicing being this year values

You don't need perfect language. You need honest language.

2

ANCHOR

My Inner Orientation



Write a short paragraph beginning with: This year, I am standing on...

Describe:

- what grounds you
- what you trust
- what you return to when you feel unsettled

This is not a promise. It's an orientation.

The Feel of Your LIFE

VISION WITHOUT PRESSURE



Here, vision isn't about prediction or control.

It's about how you want your life to feel in ordinary moments, the tone of your days, the pace you move at, the emotional climate you live within. You'll sketch a version of the year that feels aligned, livable, and honest, without needing to know exactly how it will unfold.

THE LESSON

Most people approach vision by asking, What do I want to achieve? But that question often skips the most important part.

Before your life becomes anything specific, it becomes a feeling. That's because, you don't live inside your accomplishments.

You live inside your days.

This section isn't about predicting the future or mapping out every detail. It's about identifying the emotional climate you want to live within: the pace, tone, and texture of your life, and letting that guide what comes next.

When you get the feel right, the details have a way of organizing themselves.

This is vision without force. Direction without pressure. Clarity that comes from listening, not striving.



1

AN ORDINARY DAY

Forget peak moments. Forget milestones. Imagine an ordinary Tuesday in your life this year.

Write about:

- how you wake up
- how your body feels moving through the day
- the pace you keep
- how you relate to your work, your time, and yourself

Ask yourself:

- What feels calmer?
- What feels simpler?
- What feels more spacious?

Let this be **realistic**, not impressive.



2

THE EMOTIONAL CLIMATE

Every year has an emotional tone, whether we choose it or not. Describe the emotional climate you want to live in this year.

You might reflect on:

- What emotions do I want to experience more frequently?
- What emotional states feel regulating rather than activating?
- What am I ready to feel less of — not because it's wrong, but because it's no longer necessary?

Write a short list or paragraph titled: **The Emotional Tone of My Year**

3

WHAT I'M MAKING ROOM FOR

If your life had more room this year, emotionally, energetically, practically ,what might naturally enter?

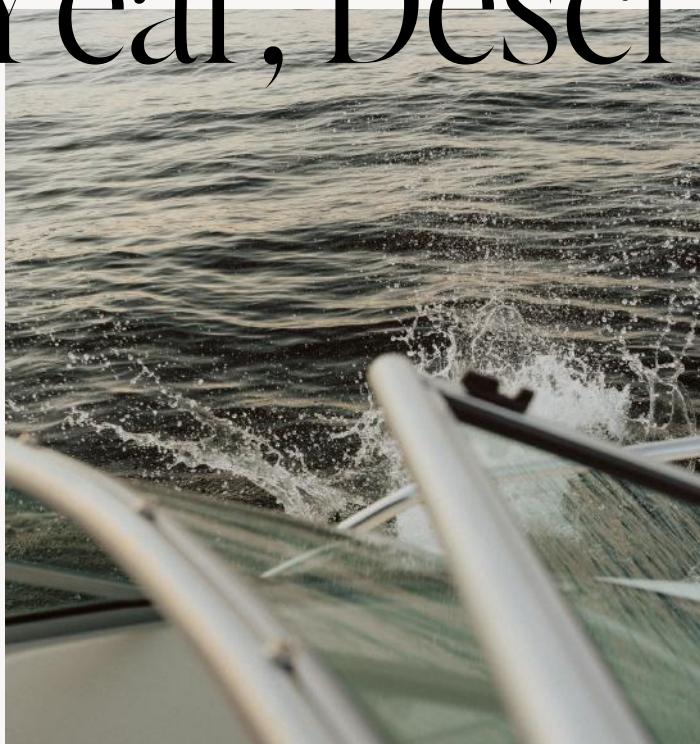
Reflect on:

- What do I want more room for in my days?
- What do I want to experience slowly?
- What do I want to protect time and energy for?

This year, I am making room for:



ANCHOR The Year, Described.



Write one paragraph beginning with: This year feels like...

You can describe:

- rhythm
- pace
- how you treat yourself when things aren't perfect

Avoid specifics if they feel heavy. Let this stay intuitive.

Non-Negotiable STANDARDS

HOW YOU TREAT YOURSELF THIS YEAR



Standards are the quiet decisions that remove daily self-negotiation.

In this section, you'll choose a small number of principles that protect your energy, dignity, and nervous system.

These aren't rules meant to restrict you.

They're boundaries designed to support the person you're becoming.

THE LESSON

Most burnout doesn't come from doing too much. It comes from deciding everything, all the time.

Standards (or principles) are the decisions you make once, so you don't have to keep re-deciding under pressure.

They aren't rules meant to constrain you. They're agreements designed to protect your energy, your nervous system, and your integrity.

Standards answer questions like:

- What do I tolerate?
- What do I prioritize when things get busy?
- How do I treat myself when no one is watching?

This section isn't about becoming stricter. It's about becoming clearer.

When standards are in place, self-trust deepens, because you stop abandoning yourself in moments of stress, urgency, or uncertainty.



1

WHAT I'M DONE NEGOTIATING

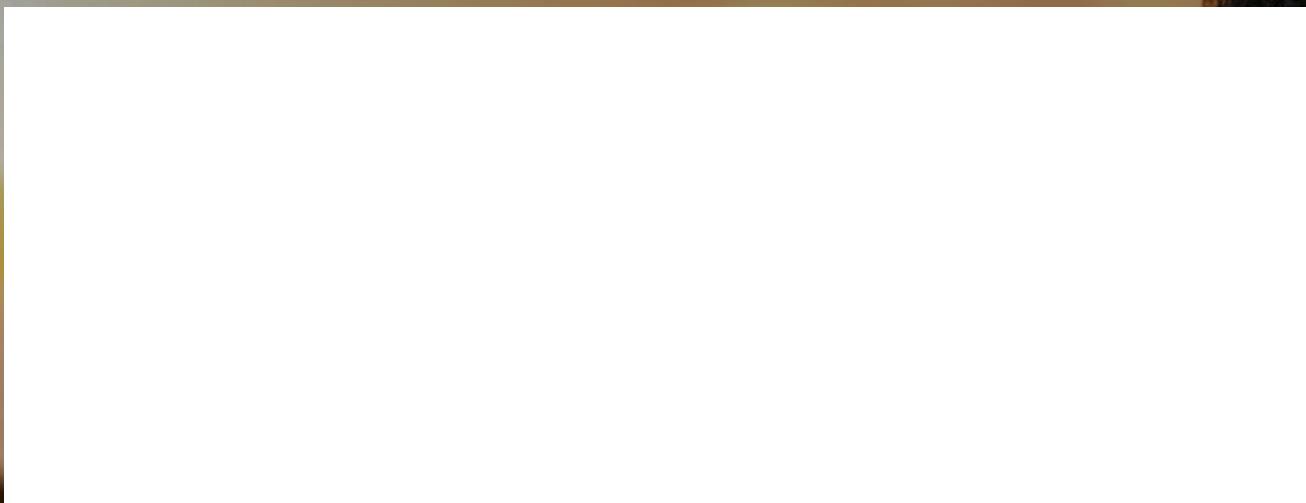
Write honestly about the areas of your life where you keep renegotiating with yourself, even though you already know the cost. Instead of framing this as an internal debate, frame it as behaviours that end.

You might reflect on:

- What drains me every time I say “just this once”?
- Where do I override my body, my values, or my intuition?
- What patterns no longer deserve another conversation?

Finish this sentence a few times:

I am no longer negotiating with myself about...



EXAMPLES

What Stops Here This Year

1. Spending money (or avoiding money) to calm anxiety instead of choosing what supports my long-term peace.
2. Complaining about situations I haven't decided to change and mistaking that for processing.
3. Avoiding a difficult but necessary family conversation, then carrying the emotional weight internally.
4. Holding quiet resentment toward someone instead of addressing what actually needs to be said.
5. Putting off dating or connection because it feels vulnerable, inconvenient, or uncertain while telling myself I'll get to it “later.”

2

WHAT PROTECTS ME

Standards exist to protect something important.

Reflect on:

- What helps me feel regulated and steady?
- What supports my physical, emotional, and mental health?
- What allows me to show up as the version of myself I respect?

Write a short list titled:

What Deserves Protection This Year



EXAMPLES

1. Starting my morning with electrolytes and breakfast before coffee, so my body feels supported before I ask it to perform.
2. Checking in with my body before saying yes — and trusting the answer without justification.
3. Giving myself time to pause before making decisions, especially when I feel rushed or emotional.
4. Communicating boundaries clearly and briefly, without over-explaining or apologizing.
5. Reading one personal growth book each month, so I stay anchored in perspective, learning, and long-term thinking.



3

MY NON-NEGOTIABLES

Choose no more than three standards for the year.

They should feel:

- supportive, not punishing
- grounding, not aspirational
- easy to remember when you're tired

Examples (for inspiration only):

- I don't make big decisions when emotionally activated.
- I prioritize rest without guilt.
- I invest in my future consistently, even in small ways.

Now write your own:

This year, my **non-negotiable standards are:**

1.

This standard exists to...

2.

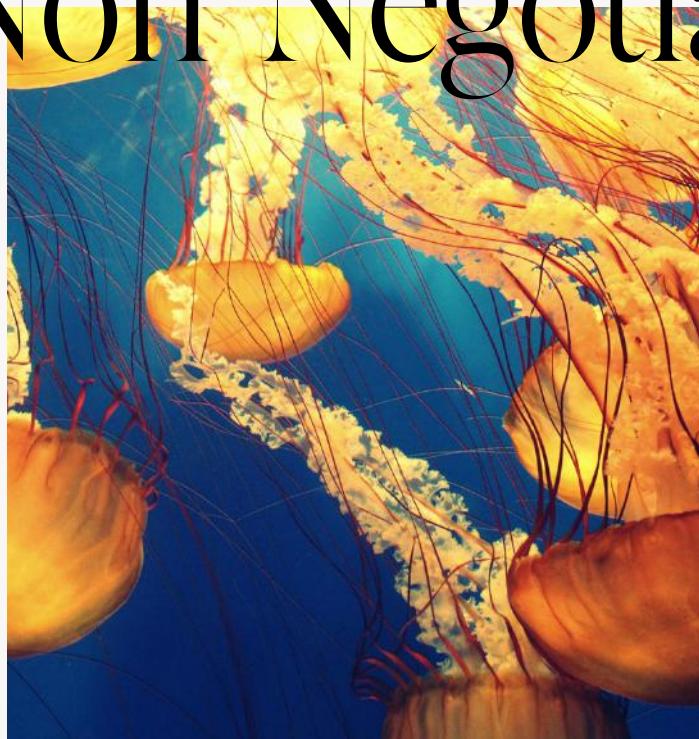
This standard exists to...

3.

This standard exists to...

ANCHOR

My Non-Negotiables



Write a short list beginning with: "this year, I do not override..."

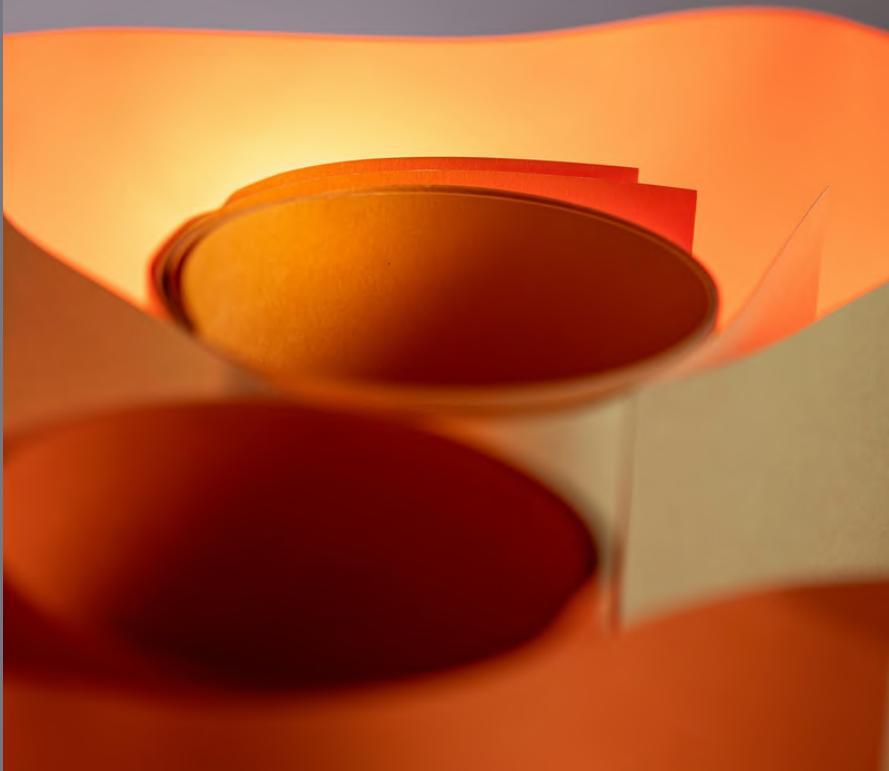
You might complete it with:

- my body
- my values
- my long-term peace
- my energy
- my time

Let this list be small. Let it be livable. Let it be yours.

Designing SUPPORT

STRUCTURE INSTEAD OF WILLPOWER



Consistency doesn't come from trying harder. It comes from designing better support.

Here, you'll identify simple structures; in your time, environment, finances, and emotional life , that make alignment easier than burnout.

Small changes here create disproportionate calm.

THE LESSON

Most of us don't struggle because we lack discipline. We struggle because our lives require us to make too many decisions, often when we're tired, emotional, or already stretched.

Support is what removes the need to negotiate with yourself. Designing support means arranging your life so that the choices you want to make are easier than the ones you're trying to leave behind. It's not about control. It's about reducing friction; especially around the things that matter most.

This section is where your standards stop living only on paper and start living in your day-to-day reality.

You're not asking yourself to be stronger this year. You're asking your life to be better designed.

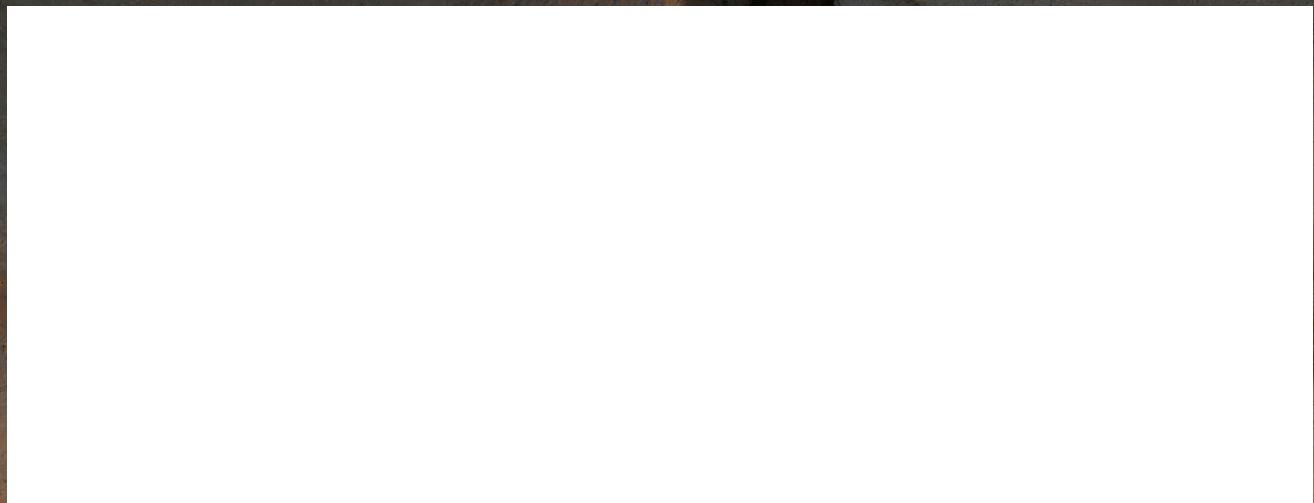
1

WHERE I'M RELYING ON WILLPOWER

Look back at your standards and the patterns you decided to stop. Reflect honestly:

- Where am I still relying on motivation instead of structure?
- What feels hard mainly because it's poorly supported?
- What do I repeatedly promise myself I'll "do better" at?

Write a short list titled: **Areas That Need Better Support**. Don't think of this as a failure list. It's a design brief.



WHAT WOULD MAKE THIS EASIER? CHOOSE ONE AREA FROM ABOVE AND COMPLETE THE SENTENCES:

2

- This would feel easier if _____.
- This would feel more sustainable if _____.
- I wouldn't need willpower if _____ were already in place.

Think in terms of: **timing, environment, defaults, visibility, simplicity**



3

SUPPORTS I CAN PUT IN PLACE

For each area below, write one simple support (not five.)

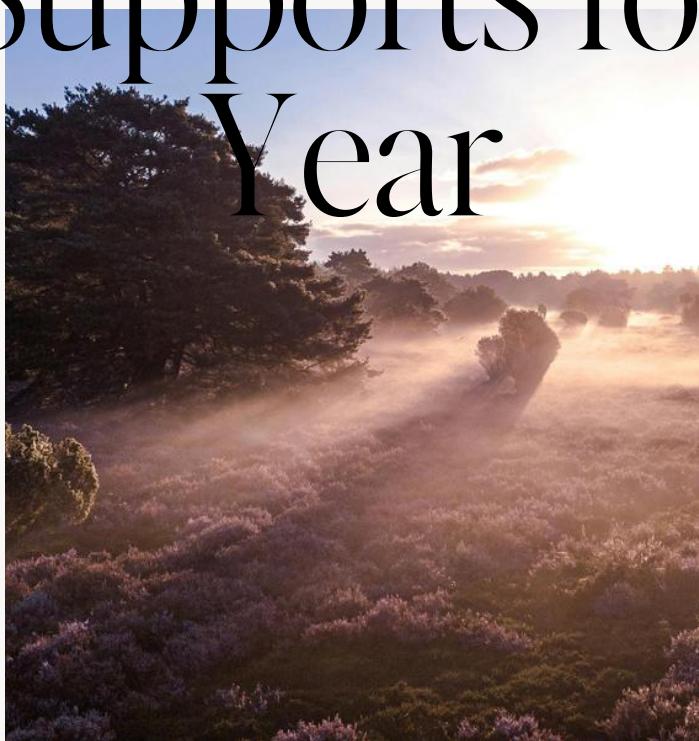
- Morning / Energy:
- Decisions / Boundaries:
- Money / Long-Term Peace:
- Emotional Regulation:
- Time / Focus:

Examples (you don't need to use these): Preparing electrolytes the night before, A pause rule before responding to messages, Automatic transfers or reminders, Buffer time after demanding conversations, A clear end to the workday

Choose what fits your life, not an ideal one.

ANCHOR

My Supports for the Year



Write one short list beginning with: This year, I support myself by...

You can include:

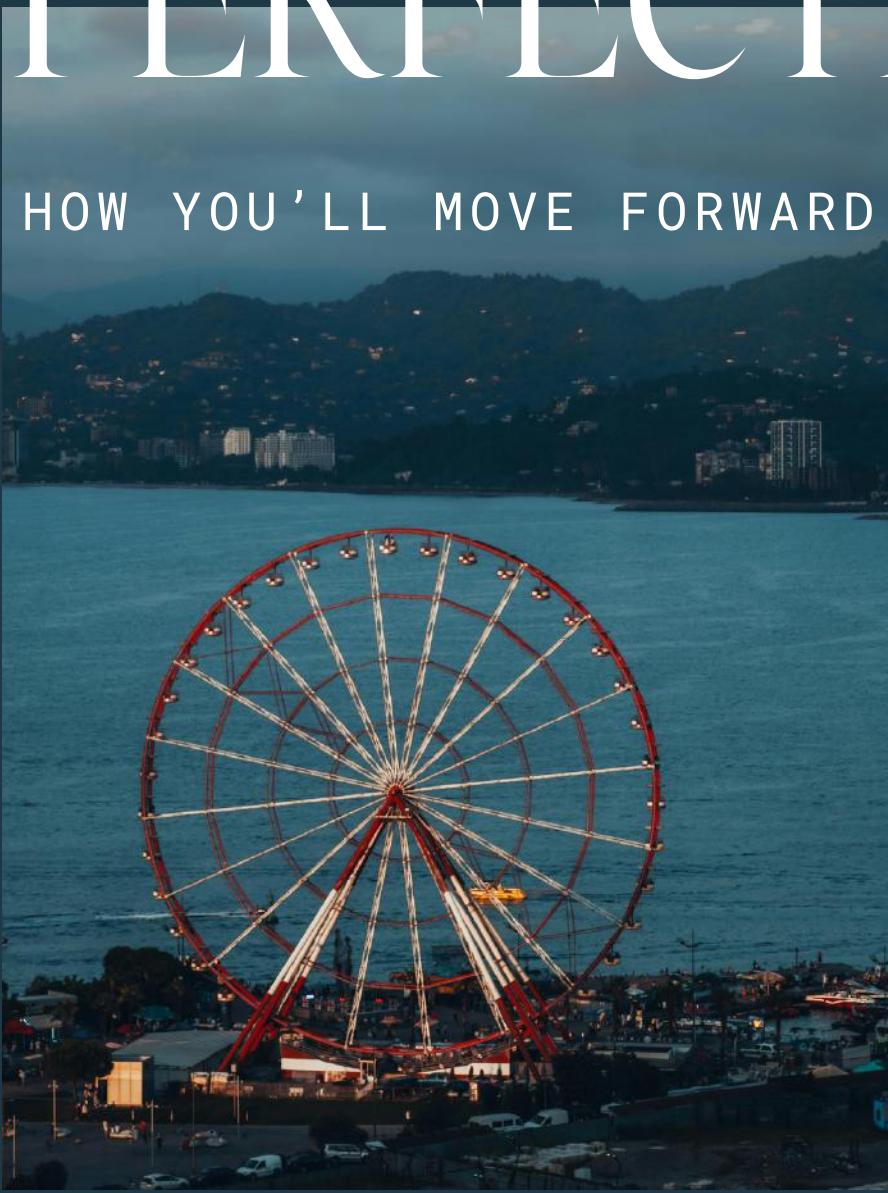
- systems you're putting in place
- defaults you're changing
- things you're removing to create ease

Let this list be: practical, minimal, repeatable

These are not aspirations. They're the quiet architecture of your year.

Experimentation, Not PERFECTION

HOW YOU'LL MOVE FORWARD



You don't need to decide the entire year right now. You only need a thoughtful next step.

This section invites you to treat the year as something you explore. You'll choose one or two gentle experiments, ways of testing what works, without overcommitting or over-identifying with outcomes. Clarity will come through motion.

THE LESSON

Most people delay change because they believe they need to be sure. Sure it will work. Sure it's the right path. Sure they won't regret it.

But clarity rarely comes before action. It comes because of it.

This year isn't asking you to commit to a version of your life forever. It's asking you to stay curious, responsive, and willing to learn.

Experimentation replaces pressure with feedback. It allows you to move forward without demanding certainty and to adjust without self-judgment.

Nothing here has to be perfect. It just has to be honest.

1

WHAT I'M CURIOUS ABOUT

Think about the areas of your life that feel unfinished, unclear, or quietly calling for attention.

Write about:

- What have I been thinking about for a while but not acting on?
- What feels interesting, even if it feels inconvenient or uncertain?
- What would I explore if I didn't need to commit to it long-term?

Finish this sentence a few times: I'm curious what would happen if I _____.

Let curiosity lead.



WHAT I'VE BEEN WAITING TO BE SURE ABOUT

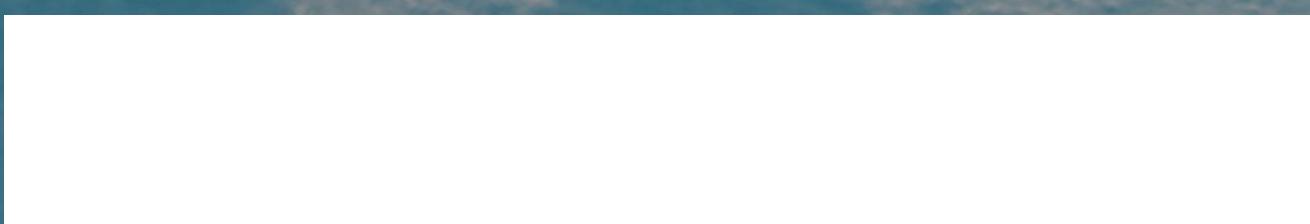
Write honestly about what you've been postponing because you don't feel ready or certain.

2

Reflect on:

- What decision feels heavy because I think it has to be permanent?
- Where am I waiting for confidence to arrive first?
- What might change if I allowed myself to test instead of decide?

Complete this sentence: I don't need certainty to begin _____ I need permission to try.



3

MY EXPERIMENT FOR THE YEAR

Choose one experiment (something small, specific, and time-bound)

It could relate to:

- health or energy
- work or creativity
- money or habits
- relationships or dating
- how you structure your time

Write it simply:

For the next _____ days / months, I will experiment with _____

Then answer briefly:

- What am I hoping to learn from this?
- How will I know if it's supportive?
- What would make this feel successful — even if it doesn't "work"?

Keep this light. You're gathering information, not proving anything.

ANCHOR

How I Measure Progress



Complete the sentences:

- This experiment is successful if I _____.
- I will know I'm learning if _____.
- If this doesn't feel right, I allow myself to _____.

Feedback is progress.

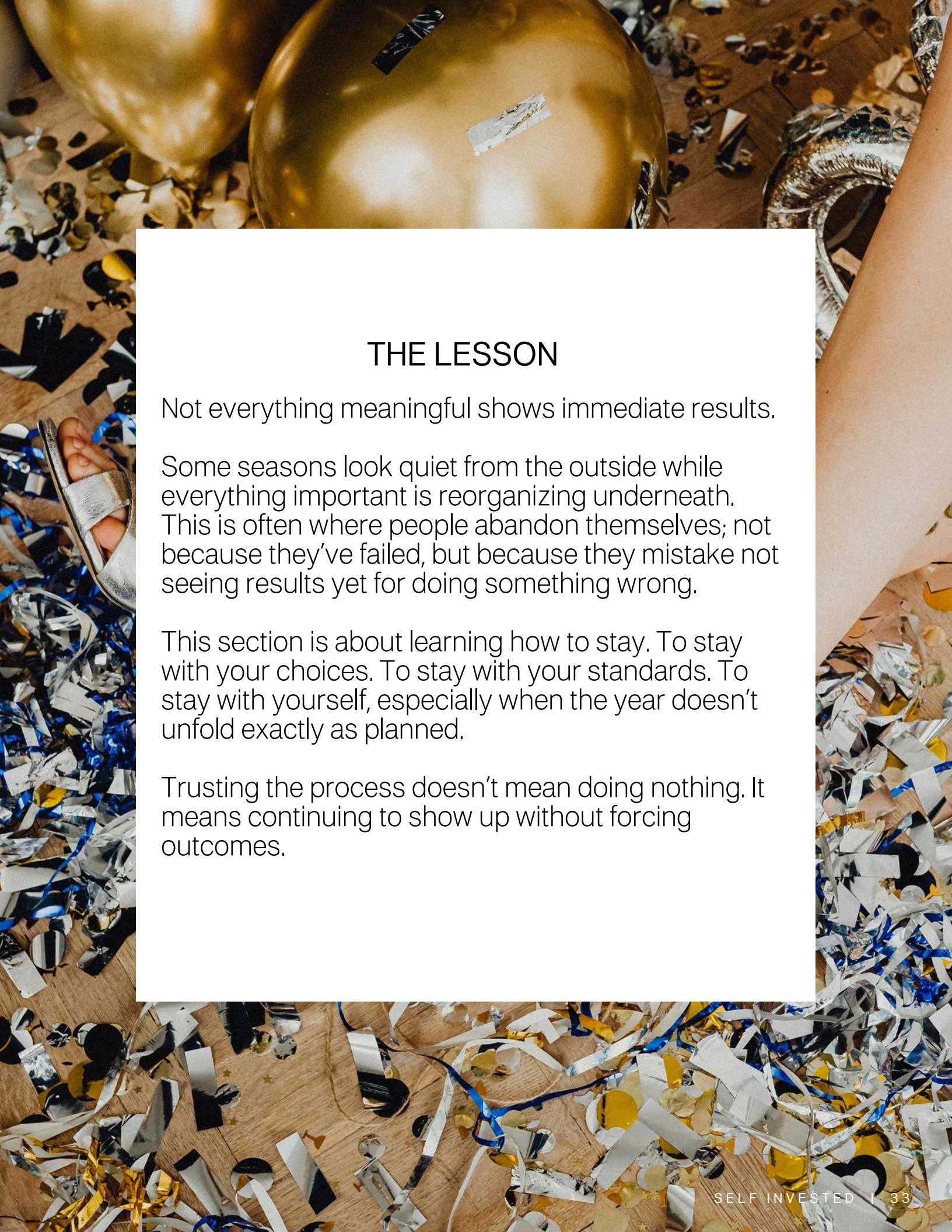
*T*rusting the PROCESS

STAYING STEADY WHEN THINGS TAKE TIME



Growth doesn't always announce itself.

Sometimes it looks like waiting, recalibrating, or not seeing results yet. In this final section, you'll create reminders and rituals that help you stay grounded during uncertainty, so you don't abandon yourself when things feel slower or messier than expected.



THE LESSON

Not everything meaningful shows immediate results.

Some seasons look quiet from the outside while everything important is reorganizing underneath. This is often where people abandon themselves; not because they've failed, but because they mistake not seeing results yet for doing something wrong.

This section is about learning how to stay. To stay with your choices. To stay with your standards. To stay with yourself, especially when the year doesn't unfold exactly as planned.

Trusting the process doesn't mean doing nothing. It means continuing to show up without forcing outcomes.

1

HOW I USUALLY RESPOND TO UNCERTAINTY

When things feel unclear or slower than expected, notice what you tend to do.

Write honestly about:

- Do I rush? Pull back? Overcorrect?
- Do I question myself or abandon what I've started?
- Do I look for external reassurance instead of checking in internally?

There's no right answer here. You're simply noticing your default response.



WHAT HELPS ME STAY GROUNDED

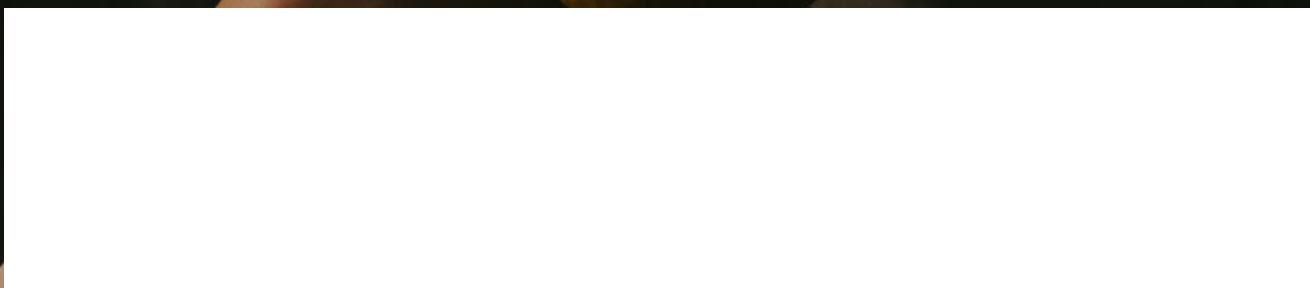
Think about moments when you've stayed steady; even without guarantees.

2

Reflect on:

- What helps me feel safe when I don't have all the answers?
- What brings me back into my body or the present moment?
- Who or what reminds me that I'm still on my path?

Write a short list titled: **What Helps Me Stay With Myself**



3

REFRAMING DELAY

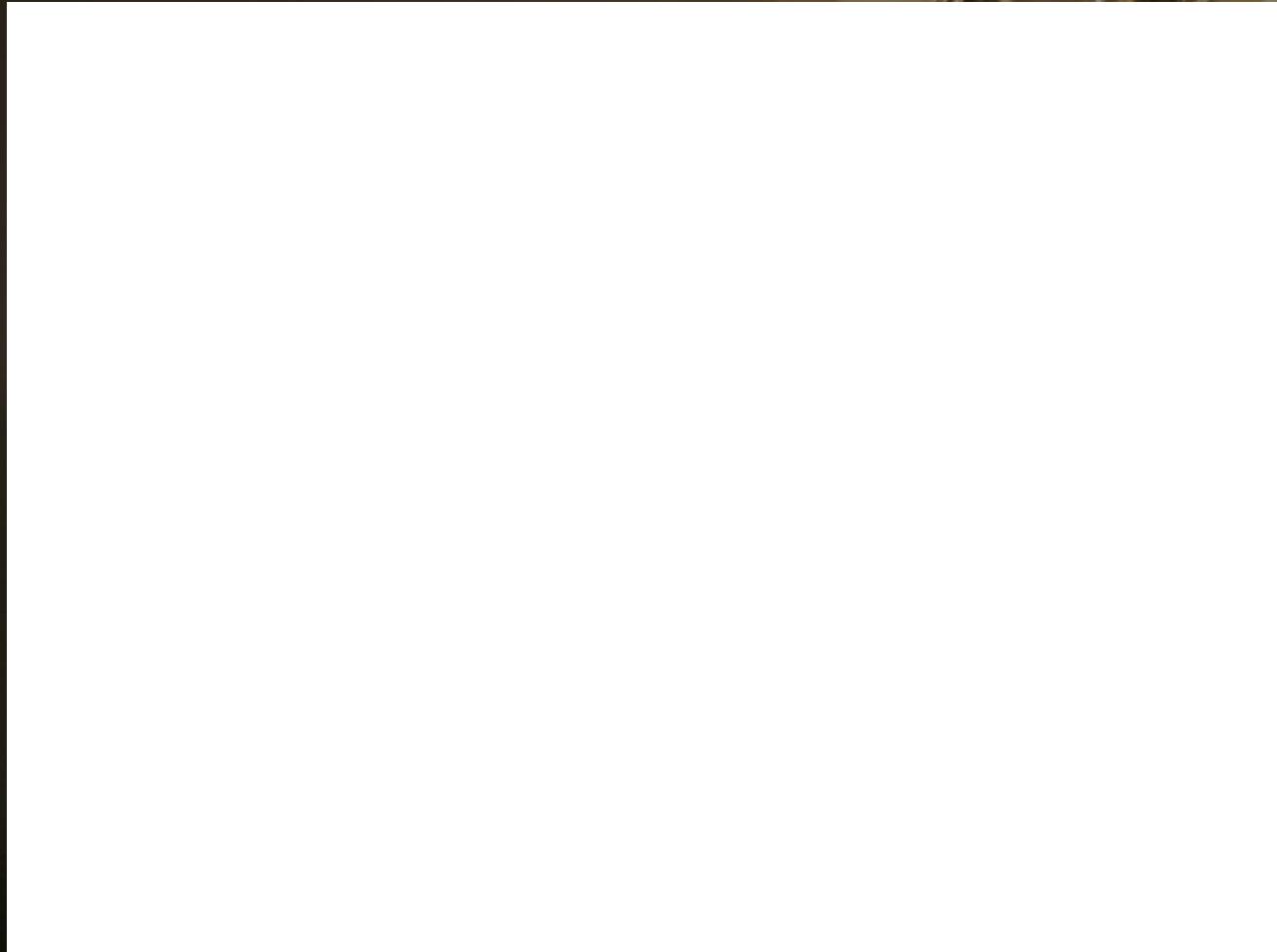
Sometimes what feels like a pause is actually preparation.

Respond to the following:

- What might be organizing itself right now that I can't see yet?
- How have delays served me in the past?
- What would change if I trusted that timing isn't working against me?

Complete this sentence and journal on the following:

Delay does not mean failure. It often means _____



4

IF LIFE WERE DESIGNING ME

Imagine (just for a moment) that nothing in your life is accidental. Not the timing. Not the friction. Not the challenges you didn't choose.

Imagine that the same intelligence that created seasons, systems, and cycles also designed this moment, not to punish you, but to expand your capacity. In this view, difficulty isn't a mistake. It's refinement.

Pressure isn't cruelty. It's preparation. Let yourself step into this perspective gently.

If an all-creating, intelligent force placed the current challenges in my life deliberately, not to break me, but to shape me... who might I be becoming?

You may reflect on:

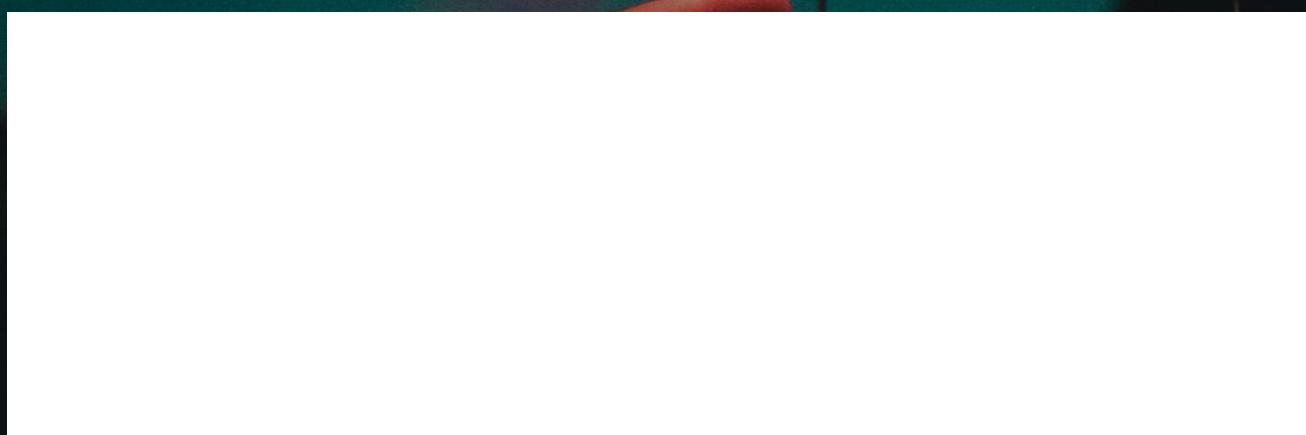
- What qualities am I being asked to strengthen?
- What habits, identities, or patterns might be ready to fall away?
- What capacity is trying to grow through this season?
- How am I being invited to respond differently than I have before?

Write without fixing. Write without blaming yourself or anyone else. Complete this sentence slowly:

Perhaps this season is shaping me into someone who _____.

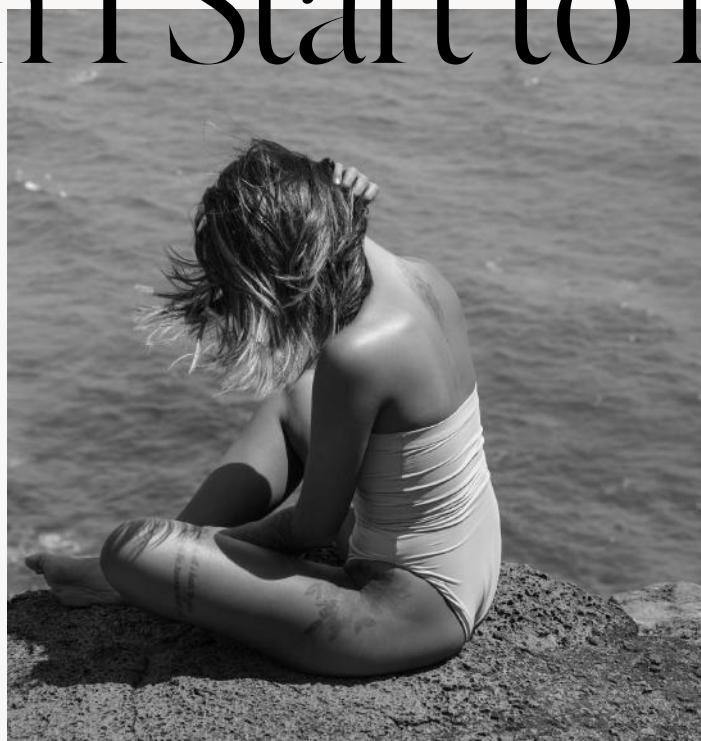
Then, if it feels right, answer:

What would change if I trusted that this process is intelligent even when it's uncomfortable?



ANCHOR

When I Start to Doubt



Write a short paragraph beginning with:

When I start to doubt myself, I remember...

You might include:

- what you know about yourself now
- why you began this year differently
- what matters more than speed or certainty

DREAMS LIST 2026

EACH NEW YEAR, I WRITE A DREAMS LIST. THERE'S ONLY ONE RULE: IT MUST INCLUDE THINGS I'VE NEVER DONE BEFORE. IT'S A WAY OF STAYING IN RELATIONSHIP WITH POSSIBILITY. OF REMEMBERING THAT EVEN NOW, EVEN HERE, THERE ARE STILL EXPERIENCES WAITING TO MEET ME.

The image shows a vertical list of 12 empty, rounded rectangular ovals, each representing a month. To the right of each oval is a small, rounded rectangular box containing the month's abbreviation in capital letters. The colors of the boxes alternate monthly: JAN (orange), FEB (light blue), MAR (dark green), APR (yellow), MAY (medium blue), JUN (orange), JUL (light blue), AUG (dark green), SEP (yellow), OCT (medium blue), NOV (orange), and DEC (light blue). The ovals are arranged vertically, with JAN at the top and DEC at the bottom.

- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC

THANK YOU
FOR BEING
HERE.

HAPPY NEW YEAR

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