

# THE NEW YEAR JOURNAL

GOAL SETTING & MOTIVATION TOOLKIT FOR PERSONAL GROWTH  
TO HELP YOU NAVIGATE YOUR ASPIRATIONS

## THE GOAL

As you begin to reflect and plan forward at the beginning of the calendar year, this toolkit is your companion for introspection and goal setting. It's designed to guide you through celebrating your past year's achievements and setting meaningful goals for the year ahead. Use each section to reflect, practice gratitude, plan, and dream big. There's no right or wrong way to use this toolkit - let it be a flexible guide that adapts to your personal needs.

## REFLECTING ON THE PAST YEAR

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*Milestones Reached* / List your top achievements. Reflect on what these milestones mean to you and how they have shaped you as a person.

*Challenges & Wins* / Acknowledge the challenges you've faced and the resilience you have shown. Celebrate both the big & small victories.

*Lessons Learned* / What were the most significant lessons you learned this year? How have these lessons influenced you?

*Gratitude* / Write down what you are most grateful for in your life. This could include, for example, people that you crossed paths with, experiences, or material goods.

*Self-awareness* / Reflect on how you have grown this year. What aspects of yourself have you discovered or nurtured?

*What I Want My Life to Look Like in a Year?* Visualize yourself in a year. What does your life look like and feel like? Imagine your achievements in all aspects of life. Remember about your core values (e.g., safety, integrity, freedom, health, purpose) and integrate them into your visions.

*Career*

*Mental & Physical Health*

*Finances*

*Habits*

*Family*

*Romantic Relationships & Friendships*

*My 2026 Goals:* Create a list of your top goals. Be specific, ensure they are measurable, achievable, relevant to your aspirations, and time-bound. Ask yourself: How and why do I want to achieve this particular goal? Why is this important to me?

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Try to set goals across different areas of your life, e.g. personal (self-growth, time spent with family), professional (career aspirations), and do not forget to dream big (bucket list, life-long dreams). As an extra final step, circle your top 3/5 goals that are going to be your absolute priority.

## OVERCOMING BARRIERS

Challenge yourself to step out of your comfort zone. Start by identifying one thing you can do differently to push your boundaries to achieve your goals. Then, take note of any limiting beliefs that you might have, and reframe them into empowering ones. For instance, instead of saying '*I can't do this*' try '*I can learn to do this with time and effort*'. It's fascinating to witness how our beliefs shape our actions & outcomes. Change begins with changing our negative beliefs.

## MY PERSONAL AFFIRMATIONS

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*I Am /*

*I Desire /*

*I Will /*

*I Know /*

*I Can /*

*I Attract /*

*I Want /*

*I Wish /*

***A Letter to My Future Self:*** Write couple of words to your future self. Reflect on where you are in your life right now - your feelings, experiences, aspirations, and the paths you're currently on. Don't just focus on what you hope to achieve, but also consider the values, experiences, and lessons that are important to you at this moment. Write down your struggles and express what you hope for. Think about things that you want to leave behind, things that you do not want to bring with into the new year ( e.g.m old habits, negative believes about yourselves or others). Remember, this letter is not just about setting goals, but it's also a personal testament to who you are as a whole. Write from the heart, and be honest with yourself - it's a conversation between you and the future you that is worth having

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***Life Vision:*** Connect your goals into a vision. Go beyond timelines and any other limitations. Write it all down or draw it using symbols/mind maps. If you feel like it create a collage from pictures found in magazines or online. Be creative and use this exercise for your benefit.

Keep this toolkit as your guide for the year ahead. Feel free to update your notes whenever you'll like. Use it to track your progress, adjust your plans, and celebrate your successes - big and small. Reflect on setbacks, stay motivated by ticking off the boxes, and recognize how far you've come. Remember, every big achievement begins with a decision to start and a commitment to keep going!

Even with the best plans, it's natural to face challenges - whether it's procrastination, self-doubt, lack of motivation or feeling overwhelmed. When those moments arise, don't hesitate to seek professional help. At Pink Hyacinth, we provide holistic support for your wellbeing. In individual sessions with a psychologist and coach, you will learn how to overcome mental health obstacles, change limiting beliefs, and negative self-talk. You will gain the tools to stay accountable, motivated, and focused on achieving your goals. You don't have to navigate this process alone - we're here to support you every step of the way.

This is your moment to take action. Don't let your goals remain just ideas on paper. Prioritize your mental health and ensure you have the support needed to make them a reality.

Book your first session with a psychologist and coach today at **[www.pink-hyacinth.com](http://www.pink-hyacinth.com)** or email us at **[contact@pink-hyacinth.com](mailto:contact@pink-hyacinth.com)**.

Turn the vision you've outlined here into a reality and simply

*allow yourself to flourish*

*Hyacintha Warsicha.*

FOUNDER  
PSYCHOLOGIST  
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