Year in Review 2026

& 2027 Compass

A workbook for one quiet evening between the years

How to use this workbook

1. Set aside 60 to 90 minutes, a warm drink and a quiet place.
2. Part 1 looks back: what happened, what carried you, what you can let go.
3. Part 2 looks ahead: one word, three goals, small first steps.
4. There are no wrong answers. Keywords are completely fine.
5. Print the pages or write digitally (GoodNotes, Notability, Xodo).

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Part 1 · Looking back on 2026

Month by month

One keyword, one moment, one feeling per month.

January

February

March

April

May

June

July

August

September

October

November

December

Life areas: how satisfied was I? (1–10)

Health & energy	1	2	3	4	5	6	7	8	9	10
Family & partnership	1	2	3	4	5	6	7	8	9	10
Friendships	1	2	3	4	5	6	7	8	9	10
Work & career	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Learning & growth	1	2	3	4	5	6	7	8	9	10
Fun & joy	1	2	3	4	5	6	7	8	9	10
Home	1	2	3	4	5	6	7	8	9	10
Meaning & values	1	2	3	4	5	6	7	8	9	10

Notes

My three best moments of 2026

What I am proud of

What was hard – and how I handled it

People who made my year better

What I learned in 2026

What I consciously leave behind in the old year

26 things I am grateful for in 2026

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____

Part 2 · Compass for 2027

My word for 2027

One word to guide you through the year (e.g. ease, courage, focus).

On 31 Dec 2027 I look back and ...

My three goals for 2027 · 1/3

Goal

Why does this matter to me?

How will I know I achieved it?

First small step (this week)

Possible obstacle & my plan for it

Who or what supports me?

My three goals for 2027 · 2/3

Goal

Why does this matter to me?

How will I know I achieved it?

First small step (this week)

Possible obstacle & my plan for it

Who or what supports me?

My three goals for 2027 · 3/3

Goal

Why does this matter to me?

How will I know I achieved it?

First small step (this week)

Possible obstacle & my plan for it

Who or what supports me?

Habits: start · stop · continue

I will start

I will stop

I will keep

Quarterly plan 2027

Q1 · Jan–Mar

Q2 · Apr–Jun

Q3 · Jul–Sep

Q4 · Oct–Dec

Habit tracker January 2027

Add up to 8 habits and tick off every day.

A letter to myself – to open on 31 Dec 2027

Thank you for taking this time for yourself.

Here's to a good 2027!