

01 / RECOGNISE YOUR PROGRESS

2026 ISN'T OVER YET!

Before you decide what comes next, remember how far you have already come. You may have forgotten some things worth celebrating. Give yourself credit for small wins, quiet progress and difficult days you have come through.

My weight loss, health and habits

What has improved in my weight, energy, fitness, confidence or daily habits?

My home and surroundings

What have I improved, organised or made more comfortable?

My work, learning or business

What have I learnt, achieved, created or had the courage to try?

My family, friendships and memories

Which holidays, experiences or everyday moments am I glad I made time for?

My personal growth and faith

How have I grown? What has strengthened my faith, resilience or sense of purpose?

3 things I'm most proud of so far

1.

2.

3.

What do these achievements remind me I'm capable of?

02 / TURN CONFIDENCE INTO ACTION

MAKE THE REST OF 2026 COUNT

Build on what you have already achieved. Choose three meaningful, realistic goals for the rest of the year, then give each one a reason and a first step.

Imagine it's the end of December...

What would make me smile and think, "I'm so glad I started"?

Think about your health, the memories you want to make this Christmas, or a project you would love to finish.

01 / MY GOAL BEFORE THE END OF 2026

Why it matters to me

My first step this week

02 / MY GOAL BEFORE THE END OF 2026

Why it matters to me

My first step this week

03 / MY GOAL BEFORE THE END OF 2026

Why it matters to me

My first step this week

I'll take my first step on: