



*Reflect, Recharge + Realign
for 2026*

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WELCOME *to* *the* PROGRAM!



Dear Beautiful Soul,

Welcome to Reflect, Recharge, and Realign for 2026!

This workbook is your sacred space—a place where you can pause, breathe, and connect with the dreams and visions that are uniquely yours. This is more than just a workbook; it's an invitation to journey inward, release what no longer serves you, and boldly claim the path you're ready to walk in 2026.

Your visions and dreams are powerful. They are yours for a reason, and within these pages, you'll find the tools to honor them, nurture them, and bring them to life.

As you move through this experience, remember:

- You are the creator of your story.
- You hold the power to align with the life you desire.
- Your energy, your vision, and your commitment can transform everything.

Take this time to reflect on where you've been, recharge your spirit, and realign with what truly matters. Trust in the process, trust in yourself, and trust that the Universe is co-creating with you every step of the way.

Let's make 2026 the year your soul lights up the world.

Kim xo

Part 1: Reflect

Looking Back to Move Forward

Before we can fully embrace the energy of 2026, it's important to honour the journey that brought us here. Reflection allows us to release, celebrate, and learn from our experiences.

Take a moment to settle into a quiet space, free from distractions. Bring your favourite pen, a cup of something warm, and an open heart. Let's dive in.

Section 1: Celebrating Wins

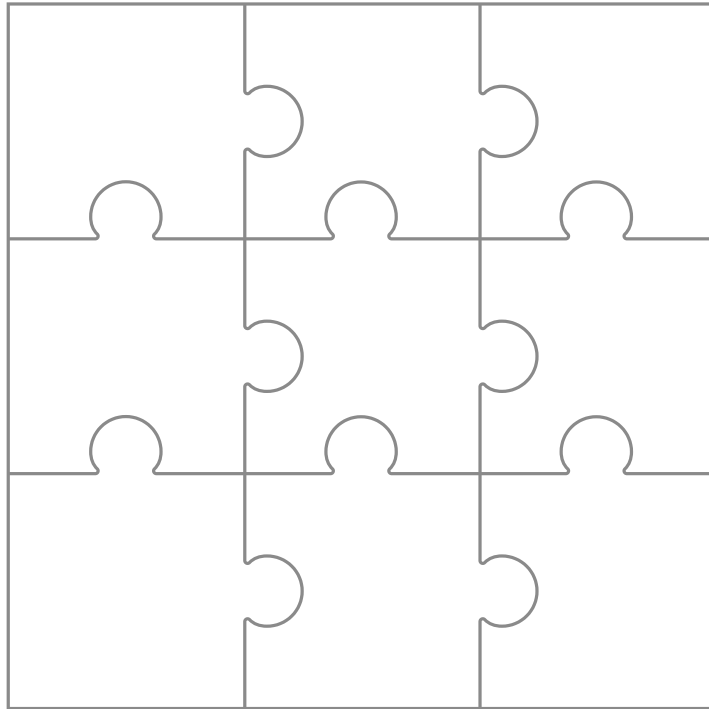
- Prompt: What are the moments from 2025 that made your heart smile? List some achievements, big or small, that you're proud of.

- Celebrate the qualities within yourself that helped you achieve them.

Part 1: Reflect

Optional Exercise:

Draw a "Gratitude Puzzle." On each piece, write one thing from 2025 that brought you joy or growth.



Section 2: Lessons Learned

Prompt: What challenges did you face in 2025, and what did they teach you?

- Reflect on how these lessons have shaped your growth.
- Consider any patterns you'd like to break or behaviours you'd like to shift.

Part 2: Recharge

Reset Your Energy, Reclaim Your Power

The pace of life can leave us feeling drained or disconnected from our true selves. This part of the journey is about taking intentional time to recharge, reconnect, and create space for fresh inspiration.

Section 1: Grounding in the Present

Prompt: How does your energy feel right now? Take a moment to check in.

- Write 3-5 words that describe your current state of being.
- What areas of your life feel most aligned? Which feel most out of sync?

Exercise:

Practice a quick grounding technique:

1. Sit comfortably with your feet on the floor.
2. Close your eyes and take three deep breaths.
3. Imagine roots growing from your feet into the earth, anchoring you in strength and stability.
4. Write down any sensations or thoughts that arise during this exercise.



Part 2: Recharge

Section 2: Replenishing Your Energy

Prompt: What activities, people, or practices energize and uplift you?

- Create a "Recharge Menu" of 5-10 things that bring you joy, relaxation, or inspiration.
- Reflect on how you can incorporate these into your routine more regularly.

Optional Exercise:

- Draw or write your ideal "Energized You." What does your life look and feel like when you're fully recharged?

Part 2: Recharge

Section 3: Setting Your Energetic Boundaries

Prompt: Where are you leaking energy?

- Identify habits, situations, or relationships that drain you.
- Write down one step you can take to protect your energy in each area.

Exercise:

Create a "Boundary Affirmation." Examples:

- "I honor my energy and say no to what no longer serves me."
- "I give myself permission to prioritize my well-being."

Part 3: Realign

Anchor Into Your Vision for 2026

With reflection and recharged energy, it's time to realign with your goals and dreams. This is your opportunity to connect deeply with your purpose and create a clear, inspired vision for the year ahead.

Section 1: Clarifying Your Vision

Prompt: What does your ideal 2026 look and feel like?

- Imagine it's December 2026. What have you accomplished?
- Write a paragraph or create a list that captures your vision. Focus on how it feels to live that reality.

Optional Exercise:

Create a verbal vision board! Use words, phrases, or quotes that represent your goals and dreams for 2026.

Part 3: Realign

Section 2: Aligning With Your Core Values

Prompt: What values do you want to embody in 2026?

- List 3-5 values that resonate deeply with you.
- For each value, write one way you can honour it in your daily life.

Values to get you started

- Authenticity – Being true to yourself and your beliefs.
- Integrity – Acting with honesty and strong moral principles.
- Compassion – Showing kindness and empathy toward others.
- Growth – Continuously learning and evolving.
- Creativity – Expressing imagination and originality.
- Freedom – Valuing independence and the ability to choose.
- Courage – Facing challenges with bravery and resilience.
- Gratitude – Appreciating and acknowledging the good in life.
- Connection – Building meaningful relationships and a sense of belonging.
- Joy – Embracing happiness and a positive outlook.
- Love – Cultivating deep care for self and others.
- Respect – Honouring the worth of yourself and others.
- Balance – Maintaining harmony between different aspects of life.
- Peace – Valuing calmness and inner serenity.
- Wisdom – Seeking understanding and insight.
- Health – Prioritizing physical, mental, and emotional well-being.
- Service – Contributing to others and the greater good.
- Abundance – Embracing prosperity in all its forms.
- Faith – Trusting in something greater or the process of life.
- Adventure – Embracing exploration and taking risks to discover new experiences.

Part 3: Realign

Exercise:

Write a personal mantra or affirmation that aligns with your values.

Examples:

- "I embrace abundance with gratitude and grace."
- "I create a life that reflects my purpose and joy."

Part 3: Realign

Section 3: Defining Intentions and Action Steps

Prompt: What are your top 3 intentions for 2026?

- Write each intention as a clear and empowering statement.
- Break each intention into 2-3 actionable steps to bring it to life.

Section 4: Anchoring Into the New Moon Energy

Prompt: How can you use the upcoming New Moon to solidify your intentions?

- Write a ritual or practice you'd like to perform on the New Moon to anchor into your vision.
- Reflect on how the fresh lunar cycle supports new beginnings.

Final Thoughts: Your Journey Continues

Congratulations, Beautiful Soul!

You've taken the time to reflect on your past year, recharge your energy, and realign with the vision for your 2026. This workbook is not just a series of pages—it's the beginning of a powerful transformation.

Remember, the work you've done here is just the start. Your intentions, your values, and the energy you've cultivated are all stepping stones toward the incredible journey you're about to walk. The Universe is waiting to meet you with open arms, and you're ready to create the life you desire.

Keep returning to your vision, your affirmations, and your practices as the year unfolds. Trust that you are aligned, supported, and capable of manifesting everything you've dreamed of and more.

As you step forward into 2026, know that you are not alone. Your intentions are powerful, and the energy you've set into motion will carry you far.

Final Affirmation

Repeat this affirmation to anchor your energy:

"I am ready for the next chapter. I trust in my journey and know that the Universe supports me every step of the way. My vision is clear, and I am aligned with my highest purpose."

Thank you for allowing me to be a part of this sacred process with you. Here's to an amazing 2026!

Kim xo

