

# Workbook: A Reflective Exercise: Naming Your 2026 Constants

Set aside ten quiet minutes. Let your breath settle. Allow your mind's eye to soften, widen, and become receptive.

This is not a test. It's a gentle excavation, a way of noticing what has already been true in you, and what wants to be true next.

## Part I: Reflection Prompts

Move slowly. Let each question open a small doorway.

### 1. What has held me steady during past storms?

Consider:

- inner strengths I leaned on
- people who showed up consistently
- habits or rituals that grounded me
- beliefs that kept me from unraveling

Write freely. Let memory speak without editing.

### 2. What do I want to protect as I grow?

Think about:

- parts of myself that feel tender but essential
- boundaries that support my well-being
- creative and emotional spaces that nourish me
- time, energy, or relationships that deserve safeguarding

What must remain intact for you to expand without losing yourself?

### **3. What do I want to feel more of in 2026?**

Tune into sensations, not achievements:

- ease
- purpose
- connection
- joy
- clarity
- momentum

Which feelings signal alignment for you?

### **4. What am I unwilling to sacrifice anymore?**

Name the non-negotiables:

- your health
- your peace
- your creative expression
- your time with people who matter
- your sense of self

This question often reveals the boundaries you've earned.

### **5. Which relationships, rituals, or values feel like home?**

Look for what brings you back to yourself:

- people who make you feel seen
- rituals that anchor your days
- values that shape your decisions
- places or practices that restore your inner quiet

## Part II: Naming Your 2026 Constants

From your reflections, choose **3–5 constants**, the guiding stars you want to orient your year around.

A constant is:

- a principle you want to live by
- a feeling you want to cultivate
- a boundary you want to honor
- a value you want to embody
- a truth you want to return to when life gets noisy

### **Write them clearly.**

Give each constant a name that feels alive, something you can remember in a moment of overwhelm, an affirmation.

Examples (just to spark your imagination):

- Steady Presence
- Creative Integrity
- Joyful Discipline
- Sacred Rest
- Purposeful Visibility

### **Then, for each constant, answer two short questions:**

- Why does this matter to me now?
- How will I honor this in small, daily ways?

These answers turn a constant from an idea into a lived practice.

Your constants are not resolutions. They are orientation points, the quiet stars you navigate by.

Return to them when you feel scattered. Let them shape your choices, your pace, your boundaries, and your presence.