

NEW YEAR RESOLUTIONS 2026

For Your Life, Your Growth, and Your Peace of Mind

Before the new year begins, here are 3 simple things you can do to step forward with clarity.

#1 | REFLECT ON THE LIFE YOU LIVED THIS YEAR



1. What brought me joy this year?

2. What did I learn about myself?

- Boundaries I need to strengthen:

- Habits I want to keep or change:

- Priorities that became clear:

3. What do I want to carry into the next year?

#2 | RELEASE WHAT NO LONGER SERVES YOU



Write it down, then let them go:

- Unhealthy habits that drain your energy:

- Emotional clutter (resentment, guilt, lingering regrets):

- Stress that isn't yours to carry:

- Fears you can replace with preparation:

- Physical items that need to be disposed of:

#3 | CONDUCT A 10-MINUTE SELF CHECK-IN



Set a timer for 10 minutes and check in with yourself:

- **Money:** How much savings do I have now?

- **Emergency plan:** What do I do if something unexpected happens?

- **Health:** What's one health routine that's supporting me lately?

- **Protection:** Does my insurance/takaful still match my current life?
