

[1.4] ANNUAL THEME_

Session 1.4: Annual Theme & Quarterly Quests

Objective: Choose a simple annual theme and translate it into 4 clear “quests” for the year, which Ali emphasizes in his yearly planning content.

Examples: “Deep Work”, “Health First”, “Family & Focus”, “Ship More”, “Play & Presence”

My 2026 Theme Is:

Why this theme matters to me this year: