

# IGNITE 2026

## WORKBOOK

Created by DrFok

Your Complete Reflection, Vision, Theme & Action Guide

Inspired by Ali Abdaal's SPARK 2026 Productivity Summit and related planning content.

This workbook is a recreation of the Spark 2026 Productivity Summit materials for those of us who missed the seminar, based on what I could find on the internet. It's designed to help you reflect on 2025, clarify your vision for 2026, and build systems that support sustainable action.

Use this workbook to guide your reflection, set your annual theme, design experiments, and create your personal operating system for the year ahead.

## [1.1] YOUR THREE BIGGEST WINS\_

Session 1: 2025 – A Year In Review

---

Write 3–5 major wins, milestones, or achievements from 2025:

**Win #1:**

**What happened:**

**Why it mattered to me:**

**What I did that contributed to it:**

**Key conditions/people/tools that helped:**

---

**Win #2:**

**What happened:**

Why it mattered to me:

What I did that contributed to it:

Key conditions/people/tools that helped:

[1.1] YOUR THREE BIGGEST WINS\_  
continued

---

Win #3:

What happened:

Why it mattered to me:

What I did that contributed to it:

Key conditions/people/tools that helped:

## [1.2] BIGGEST CHALLENGES & LESSONS\_

Session 1: 2025 - A Year In Review

---

Write 3-5 challenges, setbacks, or low points from 2025:

### Challenge #1:

What actually happened:

What I learned:

If I faced this again, I would:

- - - - -

### Challenge #2:

What actually happened:

What I learned:

If I faced this again, I would:

[1.2] BIGGEST CHALLENGES & LESSONS\_  
continued

---

Challenge #3:

What actually happened:

What I learned:

If I faced this again, I would:

[1.3] WHAT WORKED VS. WHAT DIDN'T\_

Session 1: 2025 - A Year In Review

Habits, routines, or systems that clearly WORKED:

-

-

-

-

Habits, routines, or systems that DIDN'T WORK or drained energy:

-

-

-

-

Based on the above, I want to:

KEEP	IMPROVE	DROP



[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:

[1.4] **QUARTERLY QUESTS\_**

Break your year into 4 quests

Break your year into 4 quests that express your theme in concrete ways.

**Q1 QUEST (JAN-MAR)**

Quest name:

What “success” looks like by end of Q1:

One visible milestone or metric:

**Q2 QUEST (APR-JUN)**

Quest name:

What “success” looks like by end of Q2:

One visible milestone or metric:

[1.4] QUARTERLY QUESTS\_  
continued

Q3 QUEST (JUL-SEP)

Quest name:

What “success” looks like by end of Q3:

One visible milestone or metric:

Q4 QUEST (OCT-DEC)

Quest name:

What “success” looks like by end of Q4:

One visible milestone or metric:

[2.1] YOUR CORE THEMES\_

Session 2: Vision Boarding - "Who You Want to Become"

---

If you were summed up in 3 words or themes, what would they be? (Draw from your wins, lessons, and the person you want to be.)

Theme #1:

What does this look like in action?

---

Theme #2:

What does this look like in action?

---

Theme #3:

What does this look like in action?

## [2.2] VISION ACROSS LIFE AREAS\_

Next 12 Months

---

For each area, write 2-3 things you want to see, experience, or become:

### HEALTH & ENERGY

---

Goal 1:

Why it matters:

Goal 2:

Why it matters:

---

### RELATIONSHIPS & FAMILY

---

Goal 1:



Why it matters:

Goal 2:

Why it matters:

## [2.2] VISION ACROSS LIFE AREAS\_

continued

---

### WORK / CAREER / BUSINESS

---

Goal 1:

Why it matters:

Goal 2:

Why it matters:

---

### PERSONAL GROWTH / LEARNING / FUN

---

Goal 1:

Why it matters:

Goal 2:

Why it matters:

## [2.3] 12-MONTH CELEBRATION\_

Session 2: Vision Boarding

---

Close your eyes. Imagine it's exactly 12 months from today. You're celebrating an amazing year with someone you trust.

Free write 2-3 paragraphs: What are you celebrating? Where are you? What feels different now compared to today?

# [2.4] YOUR VISION BOARD\_

Optional but Powerful

---

Create a visual board (digital or physical) with:

- Images, quotes, or words representing your 3 themes
  - Visual representations of your top 2-3 goals per life area
  - Symbols for your 4 quarterly quests
  - Colors or designs that energize you
- 

What images/words/visuals will you include?

# [3.1] YOUR CURRENT DOPAMINE HABITS\_

Session 3: Escaping Dopamine Land

---

Objective: Understand dopamine overload and use the DOSE tools to feel clearer, calmer, and genuinely great.

Where do you currently get most of your dopamine? (Be honest - this isn't judgment.)

**High-stimulation sources**

(feels urgent, addictive, brief pleasure)

-

-

-

-

---

**Lower-stimulation but meaningful sources**

(deeper satisfaction, takes effort)

-

-

-

-

[3.2] DOPAMINE AUDIT\_

Session 3: Escaping Dopamine Land

For each high-stimulation source, ask:

SOURCE	TIME/DAY	HOW I FEEL AFTER	COST TO ME

# [3.3] THE DOSE LENS\_

Session 3: Escaping Dopamine Land – The DOSE Framework

---

A healthy dopamine system is supported by other brain chemicals too, often summarized as DOSE (dopamine plus oxytocin, serotonin, endorphins).

For each life area, identify one small shift away from high-stim dopamine to something slower but more meaningful:

---

**HEALTH & ENERGY SHIFT:**

High-stim habit:

Alternative that leaves me feeling calmer or genuinely better:

**RELATIONSHIPS SHIFT:**

High-stim habit:

Alternative that deepens connection:



[3.3] THE DOSE LENS\_  
continued

---

WORK / CREATIVE SHIFT:

High-stim habit:

Alternative that helps focus or deep work:

-----  
LEARNING / GROWTH SHIFT:

High-stim habit:

Alternative that builds real skill/knowledge:

## [3.4] YOUR 2026 DOPAMINE INTENTION\_

Session 3: Escaping Dopamine Land

---

In 2026, I want to feel:

(Choose 1-3 words: calm, focused, energized, purposeful, joyful, clear, etc.)

---

To feel this way, I commit to:

1.

2.

3.

[CHK] END OF DAY 1 CHECKPOINT\_

Pause and reflect before Day 2

Before moving to Day 2, pause and answer:

What is ONE insight from today's reflection that surprised me?

- - - - -

What is ONE vision that feels most exciting to pursue?

- - - - -

What is ONE dopamine habit I'm ready to shift?

# [4] THE ACTION PILLAR\_

Session 4: Introduction

---

Objective: Understand why productivity is less about doing more and more about building systems that support sustainable action, consistent with Ali's "success system" framing.

In one sentence, what "productivity" means for me in 2026:

---

What I want my systems to do for me (not the other way around):

[5.1] YOUR TOP 3 UNCERTAIN GOALS\_

Session 5: Tiny Experiments

Objective: Test ideas and build habits through small, low-stakes experiments, as described in Anne-Laure Le Cunff's Spark session.

Pick 3 goals where you're not 100% sure of the best approach:

Goal 1:

What I'm uncertain about:

- - - - -

Goal 2:

What I'm uncertain about:

- - - - -

Goal 3:

What I'm uncertain about:

## [5.2] DESIGN YOUR TINY EXPERIMENTS\_

Session 5: Tiny Experiments

---

### EXPERIMENT 1

The question I want to answer:

The experiment (what, how often, how long):

Duration:

Success metric:

What I'll do after:

---

### EXPERIMENT 2

The question I want to answer:

The experiment:

Duration:

Success metric:

What I'll do after:



## [5.3] EXPERIMENTAL MINDSET\_

Session 5: Tiny Experiments

### EXPERIMENT 3

The question I want to answer:

The experiment:

Duration:

Success metric:

What I'll do after:

What belief am I letting go of? (e.g., "I have to get it right on day one")

What new belief am I adopting? (e.g., “I learn best by trying small things”)

How will this change my approach to 2026?

[6.1] UNCOVERING LIMITING BELIEFS\_

Session 6: Beyond Belief – Reframe Your Limiting Assumptions

Objective: Uncover hidden assumptions that limit you. Activate Attention, Anticipation, and Agency, reflecting Nir Eyal’s “Beyond Belief” session.

For each life area, write a limiting belief you hold:

HEALTH & ENERGY

I believe:

This belief limits me by:

A truer or more empowering belief would be:

- - - - -

RELATIONSHIPS

I believe:

This belief limits me by:

A truer or more empowering belief would be:

## [6.1] UNCOVERING LIMITING BELIEFS\_

continued

---

### WORK / CAREER

---

I believe:

This belief limits me by:

A truer or more empowering belief would be:

- - - - -

---

### PERSONAL GROWTH

---

I believe:

This belief limits me by:

A truer or more empowering belief would be:

[6.2] THE THREE POWERS OF BELIEF\_

Session 6: Beyond Belief

---

Nir frames belief in terms of what you pay attention to, what you anticipate, and what you feel capable of.

ATTENTION: WHAT YOU BELIEVE, YOU NOTICE

My new belief:

What will I start noticing as a result? (Opportunities, capabilities, resources)

---

ANTICIPATION: WHAT YOU BELIEVE, YOU EXPECT

My new belief:

What will I start expecting or attracting in 2026?

---

AGENCY: WHAT YOU BELIEVE, YOU CAN DO

My new belief:

What becomes possible for me now?

## [6.3] REWRITING YOUR STORY\_

Session 6: Beyond Belief

---

### REWRITE YOUR STORY

Pick your biggest limiting belief from 6.1:

The old story I've been telling myself:

Evidence that challenged this belief (even small wins):

The new story I'm choosing:



One action I'll take this week that proves this new story:

## [7.1] LIFEOS STRUCTURE\_

Session 7: Build Your Life Operating System (LifeOS)

---

Objective: Create sustainable frameworks, tools, and systems that make action more inevitable, in line with Ali's "personal success system" and LifeOS content.

A simple LifeOS has 4 layers:

1. Vision Layer - Your theme, core values, and 12-month goals
  2. Systems Layer - Habits, routines, and weekly rhythms
  3. Tracking Layer - What you measure to stay aware
  4. Review Layer - Weekly, monthly, and quarterly reviews
- 

Pick 3-5 habits that, if done consistently, make everything else easier:

### KEYSTONE HABIT 1

Name:

When/Where it happens:

The minimum version:

Why it matters to my vision:

How I'll remember:

## [7.2] YOUR KEYSTONE HABITS\_

continued

### KEYSTONE HABIT 2

Name:

When/Where it happens:

The minimum version:

Why it matters to my vision:

How I'll remember:

- - - - -

### KEYSTONE HABIT 3

Name:

When/Where it happens:

The minimum version:

Why it matters to my vision:

How I'll remember:

[7.3] YOUR WEEKLY RHYTHM\_

Session 7: Build Your LifeOS

Create a simple weekly cadence so you stay aligned with your vision without burning out.

WEEKLY PLANNING SESSION

Day & Time:

Duration: (15-30 minutes)

Location:

DURING YOUR WEEKLY SESSION, ANSWER:

1. What moved forward this week?

2. What got stuck? Why?

3. What are my 3 Big Rocks for next week?



## [7.4] YOUR TRACKING SYSTEM\_

Simple Focus Log

---

Pick 1-3 focus areas and track focused time on them.

### MY 3 FOCUS AREAS FOR 2026:

1.

2.

3.

-----

How I'll track:

How often I'll review:

## [7.5] MONTHLY & QUARTERLY REVIEWS\_

Session 7: Build Your LifeOS

---

Once a month (and at the end of each quarter), ask:

1. What progress did I make on my 12-month vision and current quest?

2. Which keystone habits stuck? Which didn't?

3. What experiments worked? What do I need to adjust?

4. What do I need to drop, add, or change for next month/quarter?



Write this on one page you can see regularly (home screen, desk, Notion):

MY 2026 OPERATING SYSTEM

Annual Theme:

Quarterly Quests:

Q1:

Q2:

Q3:

Q4:

My 3 Core Themes:

1.

1.

1.

My 3 Keystone Habits:

1.

1.

1.

Weekly Rhythm: [Planning Day/Time]

My Key DOSE Shifts:

- 
- 

Monthly Review Date:

[8.2] YOUR FIRST WEEK ACTION PLAN\_

Session 8: Your Vision, Locked In

This week, I will:

1. Set up my weekly planning time:

2. Test one keystone habit:

3. Run one tiny experiment:

4. Practice one DOSE shift:

## CONGRATULATIONS!

What is the biggest shift in my mindset from this process?

What am I most excited to try in the next 30 days?

Who could I share this with to stay accountable?

What will I do if I get off track?

Signed:

Date:

---

---