

2026 Vision

The Word of the Year: Abundance

Abundance is a full-circle life which is the harmonious integration of vibrant health – mind, body and spirit, meaningful work, strong relationships, joy, security and a safe, stabilizing home environment.

Anticipated Moments...that will matter

These are the meaningful milestones and shared celebrations already woven into the fabric of the year ahead that I am most excited to experience with deep presence and gratitude.

- ❖ **1/3:** Logan's 23rd birthday
- ❖ **1/31:** Karthik's 48th birthday
- ❖ **1/19:** Logan starting career in January
- ❖ **3/15:** HR Tech speaking engagement
- ❖ **4/23:** EJ's birthday
- ❖ **4/24-5/8:** London trip
- ❖ **5/18:** EJ graduating high school
- ❖ **August:** EJ starting college
- ❖ **8/18-8/20:** Digital Connect Insurance speaking engagement

Clarity & Vision / Big Dreams

My vision for 2026 is to expand my influence as a leader and storyteller while exploring the world and maintaining a deep, purposeful alignment with my family and home.

- ❖ **Share my story and expertise** more broadly.
- ❖ **Travel internationally** to London, India, and Dubai (including taking EJ back to India/Dubai).
- ❖ **Stay aligned with purpose**, balance travel with home, pets, and EJ.
- ❖ **Find a better balance** between solitude and community.
- ❖ **Feel valued at work** and find deep satisfaction in succeeding as a team.

2026 Beginning of Vision - Lessons to Carry Forward

This is my initial view of 2026, built upon the hard-won insights of the past year; the intentions that follow are the map of how I will reach this vision.

- ❖ **Intuition is the Compass:** I learned to trust my gut and "listen for what truly fits" rather than forcing career or relationship outcomes.
- ❖ **Boundaries Protect Peace:** Maintaining distance from toxic behaviors was essential for my nervous system regulation.
- ❖ **Presence Over Perfection:** Choosing to be present in my body, even with its limitations, allowed I to "welcome happiness and normalcy back".
- ❖ **Alignment over speed:** Quiet momentum beats rushing—especially when mind, body, and spirit are interconnected.
- ❖ **Environment matters:** Home as sanctuary (and practical supports like clean air) underpin my voice and wellbeing.
- ❖ **Vulnerability is strength:** Sharing my recovery story reframed me as a leader of human experience.

2026 Full Circle Intentions: A Path to Abundance

The "Full Circle" approach is the realization that no part of my life exists in a vacuum. My health underpins my career; my career provides the security for my home; my home is the sanctuary for my relationships; and my relationships fuel my joy. By nurturing each of these seven categories with equal intentionality, I move away from a life of "fragmented effort" and into a life of "harmonious flow." This integration is what creates true Abundance—a state where I am no longer just surviving each department, but thriving across the entire circle of my existence.

Health – Mind, Body & Spirit

I am cultivating a life of vibrant vitality and the ageless resilience of a super ager by prioritizing my voice's restoration, honoring my body's natural rhythms, and protecting my peace through intentional, restorative rituals.

- ❖ **Restore and strengthen voice quality and resilience** as a primary, ongoing commitment.
- ❖ **Honor my circadian rhythm** through consistent sleep/wake windows and strategic use of natural and artificial light therapy.
- ❖ **Prioritize and optimize lymphatic health** through targeted movement and restorative practices to support systemic vitality
- ❖ **Maintain a robust physical foundation** through yoga, walking, strength training, and the use of the vibration plate, rebounder, and sauna.
- ❖ **Support biological recovery** with a dedicated practice of Cranial Sacral therapy, Myofascial release, and lymph/fascial exercises.
- ❖ **Uphold a steady cadence of neurofeedback and voice therapies**, including SOVT, red light, and nebulizer treatments.
- ❖ **Anchor each day in mindfulness** through consistent gratitude, purposeful planning, and reflective journaling.
- ❖ **Claim the permission and physical space** required to sustain these essential healing practices.
- ❖ **Actively reduce stress** by choosing daily practices that serve my energy and promote a state of deep relaxation.
- ❖ **Monitor biomarkers rigorously**, aiming for optimized lab results and a healthy brain scan.
- ❖ **Embrace imperfection** to build deeper inner resilience and self-compassion.
- ❖ **Safeguard my nervous system** by defining situational balance and setting transparent boundaries around my time and energy.
- ❖ **Seek continuous growth** and wisdom by being guided by the perspective of astrology.

Relationships & Social Life

I am building a life of deep connection and mutual trust by showing up as a dependable partner and mother, practicing empathy, and honoring the sacred balance between my community and my solitude.

- ❖ **Foster love and dedicated time** with Karthik, EJ, and Logan.
- ❖ **Prioritize the health and happiness of Skai, Whit, and Salvy**, ensuring our home remains a sanctuary for them as much as for us.
- ❖ **Secure a trusted and consistent care plan for Skai**, specifically, to eliminate the anxiety of leaving her and allow for worry-free travel.
- ❖ **Champion and support EJ's success** as he transitions to college.
- ❖ **Embody a dependable and trusted presence** as a mom, partner, and friend.
- ❖ **Cultivate a nurturing home life** and care for loved ones.
- ❖ **Master the balance** between restorative solitude and meaningful community.
- ❖ **Maintain transparent boundaries** to protect my emotional energy.
- ❖ **Lead with empathy** and build relationships rooted in mutual trust.

Finances & Security

I am establishing a foundation of lasting security and wealth by eliminating debt, investing in my own growth, and aligning my spending with my values of health and wellbeing.

- ❖ **Target and achieve a significant pay increase** that reflects my professional value.
- ❖ **Replace overspending with value-based budgeting** to ensure total financial alignment.
- ❖ **Eliminate all remaining debts** to create a clean and liberated financial slate.
- ❖ **Manifest financial abundance** through disciplined wealth-building habits.
- ❖ **Invest capital in myself** where the returns on health, career, and joy are clear.

Education & Learning

I am expanding my wisdom and capability by staying curious about new technologies and health practices, using reflection as a tool to continuously evolve.

- ❖ **Research and adopt new approaches** to enhance voice health and resilience.
- ❖ **Master the science of circadian rhythms** and their impact on long-term health.
- ❖ **Explore and implement sustainable health practices** that offer long-term benefits.
- ❖ **Maintain an open mind** to new ideas and diverse viewpoints to foster continuous growth.
- ❖ **Utilize astrology and journaling** as the primary frames for my reflective learning.

Career & Purpose

I am stepping into my power as a visible, human-centered leader by sharing my expertise, executing my growth plan with accountability, and fostering a team culture where everyone feels valued and successful.

- **Emerge as a recognized leader** and secure a promotion to **Senior Vice President** that reflects my strategic impact and dedication.
- **Cultivate a high-performing, successful team** where every member feels fundamentally valued, heard, and empowered.
- **Secure a pay increase** that reflects my expanded scope, leadership contributions, and the unique value I bring.
- **Lead the evolution of People Business Architecture** and the strategic selection and implementation of human-centered **People AI** solutions.
- **Expand my global leadership footprint** by collaborating with international partners and successfully delivering high-impact global projects like PACE and digital workspace transformations.
- **Commit to consistent micro-learning** to master the emerging technologies and leadership skills—such as AI use-case selection and design thinking—required to thrive in my future target role.
- **Champion my career growth with intentional focus**, maintaining a healthy and productive synergy with my personal wellbeing and relationships.
- **Serve as a cornerstone of trust and reliability** for my colleagues, partners, and the organization.
- **Build and sustain a visible, authentic leadership brand** that resonates through every interaction and project.
- **Expand my reach as a thought leader** by sharing my professional expertise and story of resilience through keynote talks, professional writing, and industry panels.
- **Execute my career roadmap with precision** while remaining agile and open to emerging opportunities that align with my purpose.

Home & Environment

I am nurturing a centered, stabilizing sanctuary that supports my healing and daily rhythms, ensuring my physical space reflects and reinforces my inner peace.

- ❖ **Commit to an environment of clarity and order** by systematically minimizing and organizing closets and the garage, ensuring every corner of my home remains a breathable, high-functioning sanctuary.
- ❖ **Begin transitioning my home into its next chapter** by modernizing the downstairs living areas, creating a sophisticated, contemporary space that reflects my evolving lifestyle and personal growth.
- ❖ **Designate and maintain a safe space** for self-care rituals, meditation, and physical treatments, ensuring my environment underpins my recovery.
- ❖ **View the home as a primary site for rest and healing**, allowing for a gradual and intentional re-entry into daily routines.
- ❖ **Invest in practical environmental supports**, such as clean air systems and specialized health tools, to provide a foundation for long-term wellbeing.

Joy, Creativity & Play

I am reclaiming my sense of wonder and adventure by prioritizing leisure, traveling with a mindful awareness of my energy, and engaging in creative activities that celebrate my progress.

- ❖ **Prioritize leisure and dedicated downtime** as essential for my spirit.
- ❖ **Integrate cooking, home projects, and outdoor activities** like biking and hiking into my weekly rhythm.
- ❖ **Travel to London, India, and Dubai** with peace of mind.
- ❖ **Enhance creativity** by remaining open to diverse perspectives and nurturing my inner curiosity.
- ❖ **Uphold meaningful rituals** that celebrate progress and strengthen my connections.