

2026 VISION

ANCHOR • Consistency • Presence • Margin • Calm • Connection

HEALTH & WELLNESS

I care for my body with consistency

- Walk 30 minutes, 3x per week
- Water + electrolytes before coffee
- 100+ grams protein per day
- No snacking after dinner
- Sweets only Fridays + special occasions
- Goal weight: 160 (if not pregnant)
- Protect my sleep

FINANCE

I create margin and stability

- Pay off Telluride (\$8k remaining)
- Secure part-time, remote job

HOME & LIFESTYLE

I keep our home calm and manageable

- Weekly cleaning rhythm
- Monthly declutter hour

FAMILY

I am present with my family

- Healthy pregnancy with baby #3
- Less screen time for kids
- No phones or TV at meals
- No phones after work → bedtime

RELATIONSHIP

I invest in our connection

- Monthly date nights

HOME PROJECTS

I finish what we start

- Replace kitchen light fixture
- Update master bath
- Repaint half bath

INTENTIONAL UPGRADES

I choose quality over excess

- New phones
- New mattress

2026 QUARTERLY FOCUS

Q1 – Foundations

I build steady momentum without rushing

- Health routines + morning hydration
- Walking habit
- Resume + LinkedIn refresh
- Light, steady job search activity

Q2 – Build & Complete

I simplify and finish what matters most

- Weekly cleaning rhythm
- Monthly declutter hour
- Complete at least one home project
- Increase job search activity as needed

Q3 – Stabilize & Settle

I settle into what's working and strengthen it

- Settle into part-time remote role
- Refine schedule and boundaries
- Accelerate car payoff
- Maintain health routines

Q4 – Presence & Rest

I protect my energy and enjoy what we've built

- Phone-free evenings
- Protect date nights
- Prioritize rest and recovery
- Reflect and close the year calmly