



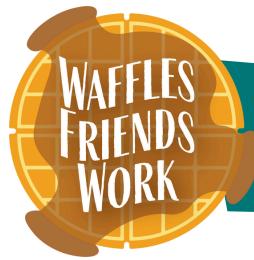
# 2026

It's time to set goals for next year, and this time we are making are goals fun, achievable, and centered around our values - all while balancing ourselves, relationships, and ambitions.

Start by brain-dumping all the things you want to do this year. Use these quadrants to help you think through the different things you want to do, but don't get too caught up on if something is more waffles or friends or work. There's going to be overlap. And that's good!

	<b>Quick Wins</b>	<b>Bigger Lifts</b>
<b>Waffles</b>  Treat yo'self!  This section is for items that for you and your wellbeing. Think taking a week of social media, savings goals, reading a book.	Think of things that are quick to execute, but may not be something you prioritize otherwise. Like taking yourself on a date, read a book, have a girls' night.	Go bigger here! Think of things you know you want to do, but are going to take more planning and effort. Perhaps a savings goal, clean your garage, or go on vacation
<b>Friends</b>  Relationships  This section is for items that fill your relationship cup. Maybe making a new friend, taking your daughter on a date, taking your partner on a date, etc. etc.		
<b>Work</b>  Job, volunteer work, career  This section is for your personal and professional development. A certification, apply for a new job, start a podcast, etc.		

Now take your top 24 favorites and randomly fill them in the bingo card. Careful not to put too many of the hard ones on the same bingo line!



VALUES GOALS

BINGO

2026

		Free Space		