



2026

Purpose

Plan



A wellbeing planner for your year ahead. _____

How do you want 2026 to feel?

For many people, the new year comes with a rush of resolutions and big plans - and a quiet sense of pressure to “fix” everything at once. A few weeks in, life is busy again, motivation drops, and those good intentions can start to feel like a distant memory.

You are not imagining it. Research following people over time shows that while many start out strong with new year's resolutions, many have abandoned their goals by the end of January, and only a small proportion are still on track months later.¹ Some reports suggest that around 23% of people give up by the end of the first week and about 43% have given up by the end of January.²

This workbook is designed to do things differently.

Instead of pushing you to completely reinvent yourself on January 1, the following pages of this plan guide you to reflect on the key areas of your life - like mental health, relationships, energy, work and money, and invites you to make small, realistic goals for the year ahead.

It's not about perfection or passing a test. It is about giving yourself a kinder, more purposeful plan for 2026, with less pressure and more support.

This plan is a guide, not a test you have to pass. It is okay to adjust it as life changes.

If you'd like support planning for 2026, you're welcome to connect with a My Mirror psychologist online. Take our [get matched](#) questionnaire to explore your options.

Take a moment to check-in

Before looking ahead, take a moment to pause and notice how you're really feeling about the year to come. There are no right or wrong answers here, this is simply a gentle check-in with yourself. Move at your own pace and take a deep breath before you begin.

When I think about the year ahead, I feel...

Right now, the biggest sources of stress in my life are...

The things that are helping me cope are...



What matters to me most this year?

The next few pages invite you to think about different areas of your life. There are no right or wrong answers, this is about noticing what matters most to you.

Use the scales below to get a feel for where things are at, then you will choose a couple of areas to focus on first.

If any of these categories feel unclear, you'll find example topics in the appendix to help guide you.

Mental and Emotional Wellbeing

e.g. How you are feeling on the inside - your mood, stress levels, how you talk to yourself, and how well you cope with life's ups and downs.

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who feels a bit less stressed day to day, talks to themselves more kindly, or reaches out before things get too hard.

Physical Health and Energy

e.g. How your body feels day to day - things like sleep, movement, aches and pains, illness, and how much energy you have to get through what matters to you.

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who gently looks after their body with rest, movement or chooses foods that supports their energy.

Relationships and Connection

e.g. The quality of your relationships and sense of connection with others - feeling supported, understood and able to be yourself with the people around you.

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who checks in on friends, makes time for the people who matter or feel like they are connected to community.

Work or Study

e.g. How your work, study, caring or main daily activities feel, and whether what you do day-to-day gives you some sense of meaning or direction.

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who sets realistic boundaries and looks for meaning in their work or study, not just productivity.

Fun Joy and Hobbies

e.g. The enjoyment and play in your life - time for hobbies, interests, creativity and moments that feel light, fun or satisfying, just for their own sake.

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who makes space for small moments of joy and creativity, even in busy weeks.

Money and Security

e.g. How safe and steady things feel financially - including managing day-to-day expenses, any debts, and feeling as secure as you reasonably can in your current situation

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who keeps an eye on their finances in a calm way and makes small steps towards feeling more secure.

Personal Growth or Learning

e.g. How you are growing or learning over time - staying curious, building skills, and feeling like you are slowly moving in directions that matter to you

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who stays curious and is kind to themselves while they are learning new things.

Community or Contribution

e.g. Your sense of belonging and contribution beyond yourself - feeling part of something (family, culture, community, causes) and being able to give in ways that feel sustainable.

How important is this area to me in 2026?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5

How satisfied do I feel with this area right now?

1 = not important at all 2 = slightly 3 = somewhat 4 = very 5 = extremely

1 2 3 4 5



What kind of person do I want to be in this area?

Example: someone who contributes in ways that feel sustainable - at home, at work, or in their wider community.

Great work!

Now let's prioritise.

Looking at your answers above, which 1-2 focus areas feel both important and possible to gently work on first?

You will start with these in the next section to make your plan. Remember - you can always come back to the others later in the year if you just want to start with one.

What is my 1st focus area?

Why does this matter to me?

What is my 2nd focus area (optional)

Why does this matter to me?



Turning priorities into action

For each focus area above, think about one small change you would like to make. Try to make your goals 'SMART' - **S**pecific (what you will do), **M**easurable (how you will notice change), **A**chievable, **R**elevant to what matters to you, and **T**ime-based (when and how often you will do it).

If you're finding it difficult to write a SMART goal, there is an example in the appendix.

1st focus area - in this area, one small change I'd like to make is...

1st focus area - what will I actually do? (be specific)

1st focus area - how often or when will I do it? (time/frequency)

1st focus area - how will I know it's helping? (simple measure - mood, energy, stress, connection)

Turning priorities into action

2nd focus area - in this area, one small change I'd like to make is...

2nd focus area - what will I actually do? (be specific)

2nd focus area - how often or when will I do it? (time/frequency)

2nd focus area - how will I know it's helping? (simple measure - mood, energy, stress, connection)

Planning for the tricky moments

When life gets busy, stress hits or motivation drops, it helps to have a plan. This is where we use if-then planning to keep yourself kind and flexible.³

For my 1st goal?

What might get in the way? (e.g. tiredness, mood, time, kids, work, perfectionism, etc.)

If [this] happens... then I will...[do this]

If _____ then I will _____

If _____ then I will _____


For my 2nd goal?

What might get in the way? (e.g. tiredness, mood, time, kids, work, perfectionism, etc.)

If [this] happens... then I will...[do this]

If _____ then I will _____

If _____ then I will _____



Who and what can support me?

You do not have to do this alone

Who can I lean on or let in this year? (Friends, family, partner, community, etc.)

What helps my mental health that I'd like to keep or do more of?

If I notice my mood or stress getting worse, my next step will be...

Talk to my GP

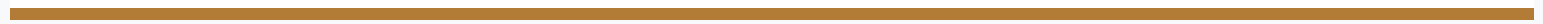
Speak to a helpline

Speak to a loved one

Book a session with a Psychologist


Other

Keep this as a reminder for when you might need some extra support.



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URGENT CRISIS SUPPORT



Immediate Support

- **Lifeline:** For immediate emotional support - 13 11 14.
- **Beyond Blue:** Mental health support - 1300 22 4636.
- **Suicide Call Back Service:** Suicide support - 1300 659 467.
- **Butterfly Foundation:** Eating disorders & body image - 1800 33 4673.



Specialised Support

- **Drug and Alcohol Helpline:** Substance use support - 1800 250 015.
- **Kids Helpline:** Support for young people aged 5-25 - 1800 55 1800.
- **1800 RESPECT:** Domestic & family violence - 1800 737 732
- **MensLine Australia:** Emotional & relationship support – 1300 78 99 78
- **Bravehearts:** Child sexual assault support – 1800 272 831
- **GriefLine:** Support for grief & loss – 1300 845 745

Appendix

Ideas to get you started...

N.B The content below shows how someone might fill in some of the above sections. They are just examples to kickstart your thinking - they are not promises of what this workbook or any My Mirror service will achieve.

Example focus area (pages 5-12)

MENTAL & EMOTIONAL WELLBEING

- Day-to-day stress
- Coping tools and strategies
- Self-compassion and self-talk
- Overthinking and worry
- Naming and expressing feelings
- Reaching out for support
- Confidence and self-belief
- Mindfulness and grounding

PHYSICAL HEALTH & ENERGY

- Everyday energy levels
- Gentle movement and activity
- Sleep and rest
- Regular meals and nourishment
- Fatigue at the end of the day
- Rebuilding strength or fitness
- Hydration and caffeine use

RELATIONSHIP AND CONNECTION

- Feeling connected to others
- Contact with friends or family
- Partner or close relationships
- Boundaries with others
- Draining vs supportive relationships
- Being present with people
- Social or interest groups

WORK /STUDY PURPOSE

- Workload or study load
 - Work-life boundaries
 - Meaning and purpose in what I do
 - Longer-term career or study direction
 - Burnout and sustainability
 - Expectations and perfectionism
-

Continued example focus area (pages 5-12)

FUN, JOY & HOBBIES

- Everyday enjoyment and fun
- Hobbies and interests
- Trying new activities
- Playfulness with others
- Creativity and self-expression
- Screen time vs other activities

PERSONAL GROWTH OR LEARNING

- Learning new things
- Building specific skills
- Curiosity and exploration
- Self-kindness while learning
- Comfort zone and stretching myself

Example SMART goals (pages 13-15)

Focus Area - sleep and rest

SMART Goal:

In this area, one small change I'd like to make is...

Have a more consistent wind-down routine before bed so it's easier to fall asleep.

What will I actually do? (Be specific)

Turn off my phone and laptop 30 minutes before bedtime and spend that time doing something calming, like reading or gentle stretching.

MONEY & SECURITY

- Feeling on top of finances
- Checking accounts and bills
- Emergency savings or buffer
- Managing specific debts
- Spending in line with values
- "Stress spending" triggers

COMMUNITY OR CONTRIBUTION

- Community and cultural connection
- Regular small acts of contribution
- Supporting causes that matter
- Showing up at home / in close relationships
- Volunteering or contributing in sustainable ways

How often or when will I do it? (Time / frequency)

Four nights a week, Sunday to Wednesday, aiming to start my wind-down at 10:00 pm.

How will I know it's helping? (Simple measure - mood, energy, stress, connection, etc.)

Over a few weeks I notice I'm falling asleep a bit faster and waking up feeling slightly more rested on those mornings.

REFERENCES

- [Self-Regulatory Goal Motivational Processes in Sustained New Year Resolution Pursuit and Mental Wellbeing - PubMed](#)
 - [Why Most New Year's Resolutions Fail | Lead Read Today](#)
 - [Promoting the translation of intentions into action by implementation intentions: behavioral effects and physiological correlates - PMC](#)
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