

REFLECTION PROMPTS FOR AN INTENTIONAL START TO 2026

PRINT OUT A COPY AND ANSWER EACH QUESTION BELOW...

PERSONAL:

- WHAT DID I LEARN ABOUT MYSELF THIS YEAR?
- WHEN DID I FEEL MOST LIKE ME?
- WHAT LIMITING BELIEF HELD ME BACK IN 2025?
- WHAT BOUNDARIES PROTECTED MY PEACE? AND WHICH ONES DO I NEED TO ENFORCE MORE IN 2026?
- WHERE DID I SURPRISE MYSELF IN THE BEST WAY?

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FAMILY:

- WHAT MEMORY WITH MY FAMILY STANDS OUT THE MOST?
- WHERE DID I GROW AS A PARENT/PARTNER/DAUGHTER/SISTER?
- WHAT CONVERSATIONS BROUGHT US CLOSER?
- WHAT MOMENTS MADE ME FEEL PROUD OF HOW I SHOWED UP?

HEY! NOT A WEW MEMBER YET?
JOIN TODAY!

FIND YOUR MEMBERSHIP: WEWNATIONAL.COM/WHY-JOIN-WEW

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FRIENDSHIPS:

- WHO POURED INTO ME THIS YEAR? (DID I RECIPROcate?)
- WHO DID I SHOW UP FOR - AND HOW?
- WHERE DID I NEED TO LET GO OR REDEFINE CONNECTION?
- WHAT KIND OF FRIEND DO I WANT TO BE IN 2026?
- WHO DO I WANT TO SURROUND MYSELF WITH IN THE NEW YEAR?

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WORK + PURPOSE:

- WHAT LIT ME UP THE MOST IN MY WORK THIS YEAR?
- WHAT DRAINED ME - AND HOW CAN I DO LESS OF THAT?
- WHAT RISK PAID OFF?
- WHAT FAILED AND WHAT CAN I LEARN FROM THAT?
- WHAT PART OF MY WORK MADE THE BIGGEST IMPACT?



**MAKE 2026 YOUR YEAR.
BECOME A WEW MEMBER!**

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HEALTH + WELLNESS:

- WHAT DID MY BODY NEED THIS YEAR - AND DID I LISTEN?
- HOW DID I CARE FOR MY MENTAL HEALTH?
- WHAT NEW HABITS FELT GOOD AND SUSTAINABLE?
- WHERE DO I NEED MORE GRACE AND LESS PRESSURE?



FIND OTHER EMPOWERED WOMEN TO DISCUSS HEALTH AND WELLNESS GOALS BY ATTENDING THE NEXT WEW MEETING.

FIND A MEETING NEAR YOU: WEWNATIONAL.COM/EVENTS

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HOBBIES + JOY:

- WHAT DID I DO JUST FOR FUN?
- WHAT CREATIVE PART OF ME CAME ALIVE?
- WHEN DID I FEEL MOST FREE AND ALIVE?
- WHAT DO I WANT MORE OF IN 2026 - JUST BECAUSE IT BRINGS ME JOY?



**FIND OTHER EMPOWERED WOMEN
WHO SHARE THE SAME HOBBIES
BY ATTENDING THE NEXT WEW
MEETING.**

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