

exact proct

MY NEW YEAR RESOLUTIONS

2025



2026



2026

After a year of
rest and healing,
I'm returning to the
corporate world.

But I'm not going back
as the same person.

This time, I'm moving with
clarity, calm, and quiet
confidence!

Guided by a goal &
soft principles
I'll live by...



1

**5-year financial goal,
to one day live slowly,
work freely,
and rest without guilt.**

**I'm giving myself a timeline.
Not to escape,
but to dream ahead...**

**Of mornings with no alarms,
work I choose (not chase),
and rest that doesn't need
to be earned.**

This long view brings peace.

**A quiet reminder that
everything I'm building now,
has a purpose...**

A person is sitting on a large rock in a cave, looking up towards a bright opening at the top. The cave walls are covered in moss and small plants. The text is overlaid on the image in a serif font.

2

**Be kinder to myself
when I fall behind**

Not everything
needs to be urgent.

Deadlines will come.
Mistakes will happen.

But I won't shame myself
into productivity anymore.

Kindness will be
my reset button.



3

**Create more
moments of quiet**

**Even in the noise,
I'll protect my stillness.**

**Peace of mind
during commute.**

**A lunch
without my phone.**

**A deep breath
before meetings**

**These will be
my daily anchors.**



4

**Say “NO” without guilt
My energy is sacred**

**If it’s not aligned,
it’s a NO!
no justifications needed.**

**This year,
“NO”
becomes an act of
self-respect,
not selfishness.**

A person is shown from behind, sitting in a meditative lotus position on a sandy beach. The background is a soft, hazy sunset over the ocean, with the sun low on the horizon. Several translucent, geometric shapes (cubes, pyramids, and prisms) are floating in the air around the person, some appearing to be made of a crystalline or glass-like material. The overall mood is peaceful and contemplative.

5

Feel More, Fix Less

I don't need to
solve everything
immediately.

I'll allow space to feel
without rushing to patch,
perform or perfect.

Sometimes,
stillness can hold
more than any answer.

A person in a red jumpsuit stands on the edge of a rocky cliff, looking out over a vast, mountainous landscape. The sky is blue with scattered white clouds. The mountains in the background are rugged and partially covered in snow. The overall scene is one of contemplation and adventure.

A new chapter,
a gentler me.

An exciting,
yet peaceful year
I'm walking into.

2026

*What gentle intention will you
bring into the new year?*

theElementofCalm