

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

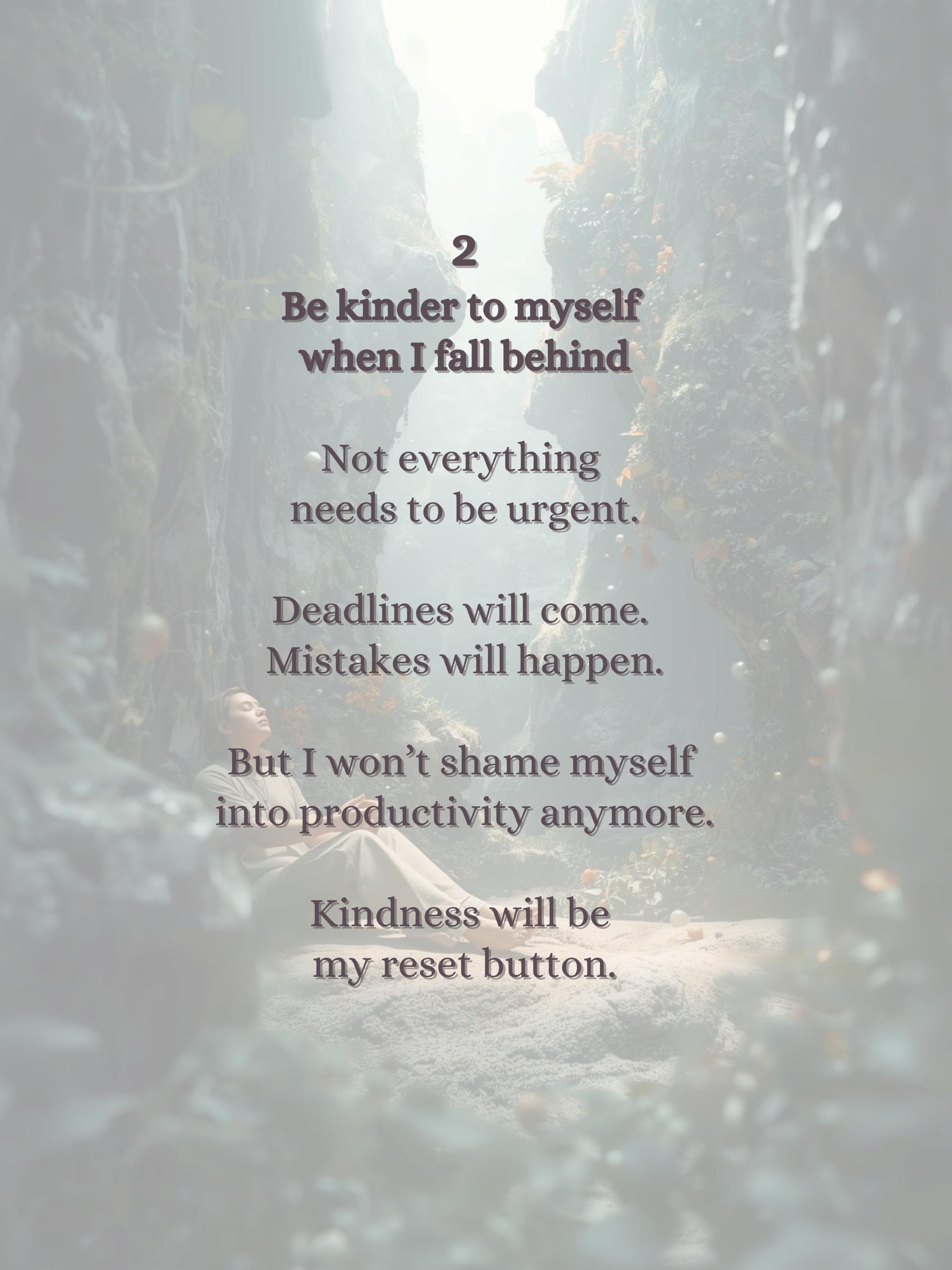
**5-year financial goal,
to one day live slowly,
work freely,
and rest without guilt.**

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...



2

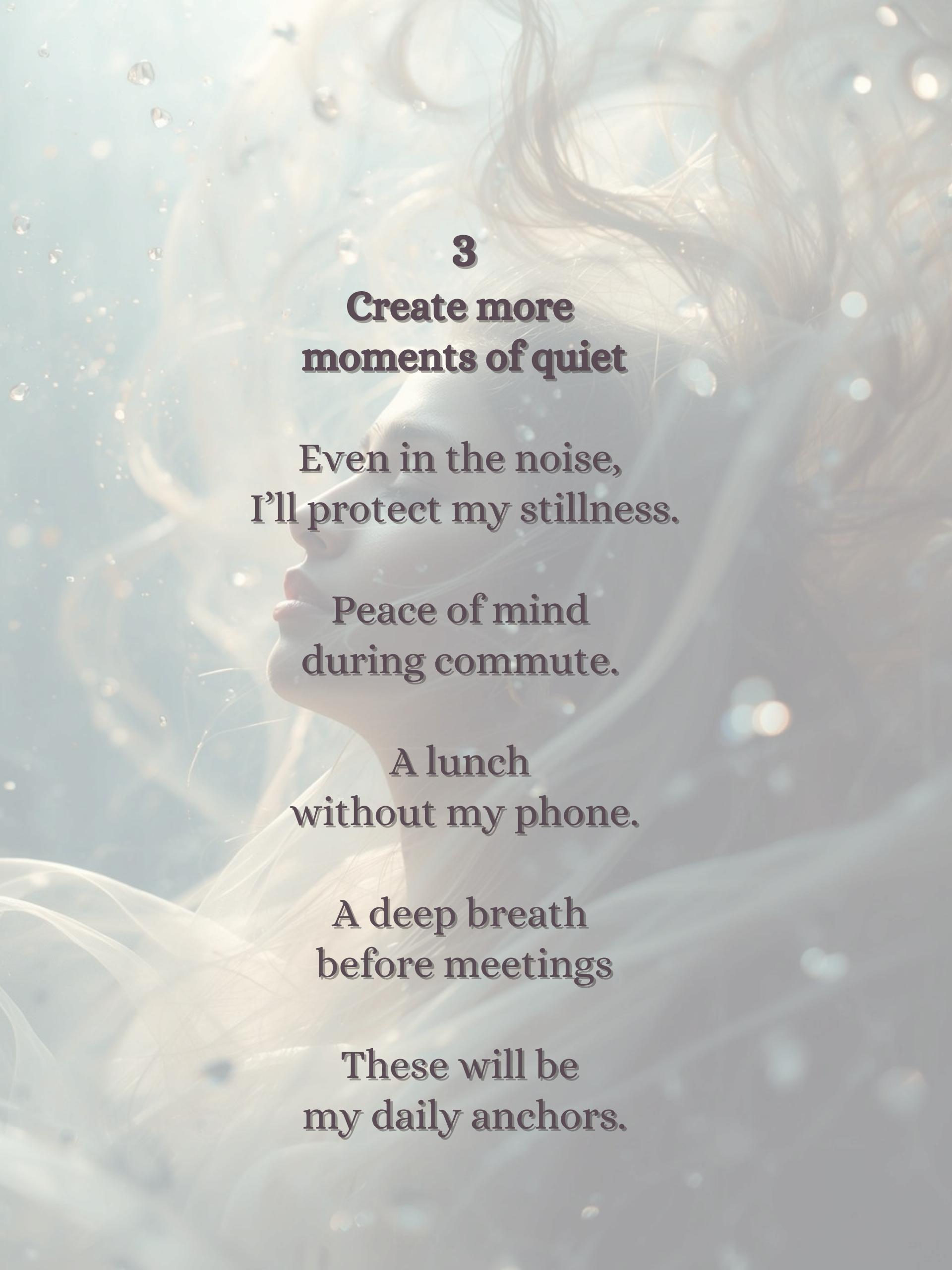
**Be kinder to myself
when I fall behind**

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.**

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 wide-angle photograph of a majestic mountain range under a bright blue sky with scattered white clouds. In the foreground, a person in a red jacket stands on a rugged, light-colored rock outcrop. The mountains in the background are dark and rocky, with patches of snow. Sunlight creates a dramatic play of light and shadow on the peaks.

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