

Wellbeing inspr that's  
**practical, not preachy**

love. Louise x

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WELLBEING WARRIORS

**life  
coaching  
academy**

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## Dream It: Do It Worksheet

This is THE BEST worksheet!  
Go make yourself a cuppa. Dive in. Enjoy the process 😊

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It's the morning of Christmas Eve-Eve, Wednesday December 23rd 2026 and I've reached today feeling \_\_\_\_\_, and \_\_\_\_\_. I've just had one of those secret miracle cancellations of a "we must catch up before Christmas!" coffee meetings I secretly wasn't that bothered about and happily found myself with a spare hour in this gorgeous little café on my own with my favourite \_\_\_\_\_ already ordered and on its way! WOOP! Mmmm. I've got my laptop / journal / back of an old envelope and a pen with me... do you know what? I am going to take a moment to review my 2026, right here, right now. I am a Wellbeing Warrior, I LOVE doing this stuff!

Overall, I feel pretty \_\_\_\_\_ about 2026, the things I am most proud and pleased about is that I \_\_\_\_\_. I am also *really glad* that I resolved \_\_\_\_\_. My happiest moment this year was shared with \_\_\_\_\_ and it was so special.

When I break it down a little, WW style, it's very cool to look at the accomplishments and highlights I've made in each area of life this year, some are small wins, some are bigger - it's a good balance. Well done me!

In terms of mental health and personal growth I am really pleased I was consistent about \_\_\_\_\_ as that has made a real difference to \_\_\_\_\_. The other big win in this area was \_\_\_\_\_. When it comes to the key relationships in my life, specifically with \_\_\_\_\_ the best thing we have done/created/discussed/progressed/experienced this year was \_\_\_\_\_ and I am SO glad I/we made the time to make that happen.

In terms of my house/living situation I feel \_\_\_\_\_ about how I've managed \_\_\_\_\_ this year! The highlight was definitely \_\_\_\_\_.

Body-wise, my physical health this year has really benefitted from the decision I took to consistently look after myself by \_\_\_\_\_ and doing that \_\_\_\_\_. I am also SO proud of myself for not just starting but continuing the habit of \_\_\_\_\_ in 2026: biiiiig win! I have learned \_\_\_\_\_ about myself from a year of keeping my word to myself and my body.

I am also super proud of how \_\_\_\_\_ has unfolded in my career/job/retirement, directly linked to my decision to \_\_\_\_\_. Money has been \_\_\_\_\_ this year and I feel \_\_\_\_\_ about it due to \_\_\_\_\_.

Socially \_\_\_\_\_ was brilliant for me, and my favourite pastime/hobby/holiday/event of the year was undoubtedly \_\_\_\_\_. I am So glad I decided to \_\_\_\_\_. In terms of friends and family I am super pleased I diarised the time to do \_\_\_\_\_ with \_\_\_\_\_ this year, and that I also had great experiences/connections with \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

This year I am especially grateful for \_\_\_\_\_ and that \_\_\_\_\_ worked out. I am also feeling peaceful about \_\_\_\_\_ and that I can gently farewell \_\_\_\_\_: it's time to let that go.

I am proudest of myself in terms of \_\_\_\_\_ and I have learned so much about \_\_\_\_\_ this year. I am a woman who \_\_\_\_\_.

To sum up am so glad I invested time and prioritised \_\_\_\_\_ in 2026, that has really made a difference to my life. The happiest moment of the whole damn year was \_\_\_\_\_, and the whole year has been filled with much joy and connection. If 2026 has been this good I can't wait to see what 2027 has in store!

I am going to finish this delicious \_\_\_\_\_ in this café, and go have a \_\_\_\_\_ Christmas! What a year to review, super pleased with myself: 2026 has been a \_\_\_\_\_ year. Being so INTENTIONAL about who/how/where I invested my time/energy/attention/money has created the most wonderful year jam packed with \_\_\_\_\_. Bring on this beautiful Christmas about to unfold, and a whole new year for me intentionally fill in 2027!