



## ~ THE CONSCIOUS CALENDAR MASTER PLANNER 2026 ~

2026	1 x BIG ROCK			2 x SMALL ROCKS		Future ideas 2027+: Park and Plan	
	What area of life is this addressing?	I am a woman who takes excellent care of herself by...	What do I need to do to lock in this Big Rock?	Small Rock 1	Small Rock 2	Big Rocks	Small Rocks
1.	<i>Mental Health &amp; Personal Growth</i>	1.		2.	3.		
2.	<i>Key Relationships</i>	4.		5.	6.		
3.	<i>Living Environment</i>	7.		8.	9.		
4.	<i>Physical Wellbeing</i>	10.		11.	12.		
5.	<i>Career &amp; Passion</i>	13.		14.	15.		
6.	<i>Financial Health</i>	16.		17.	18.		
7.	<i>Social, Hobbies &amp; Fun</i>	19.		20.	21.		
8.	<i>Friends and Family*</i>	22.		23.	24.		

**COFFEE. SECTION 8:** \*friends and family. This is the \*coffee section! Catching up/ having experiences with old friends and making new connections. You can capture additional connections here that you intend to embrace in 2026.


**BUDGETING:** What do I need to budget for? What do I need to plan financially for next year? Do I need to discuss with anyone else the financial decisions on these goals?

**TIMING:** What is TOO MUCH? Do a gut feel check. What do I need to reduce? Delay for a future year? What are the likely calendar clashes? What is easier to lock in NOW with multiple people's diaries? What will I be stopping doing to make room for these Big and Small Rocks?

**CONVERSATIONS AND SUPPORT:** do I need to ask for practical, logistical or emotional support with my goals.