

2026 GOALS & GLIMMERS One-Pager

Lovingly created by Kate Oates Elevate

:Guidance for completing your Goals & Glimmers:

- PRINT OFF your one-pager so that, once complete, you can PUT IT UP somewhere you'll see it every day
- Write YOUR NAME at the top centre + add any symbols that feel inspiring
- Fill in the sections. Be colourful! Scatter words, places, adventures in bare spaces - your happiest thoughts & ideas!

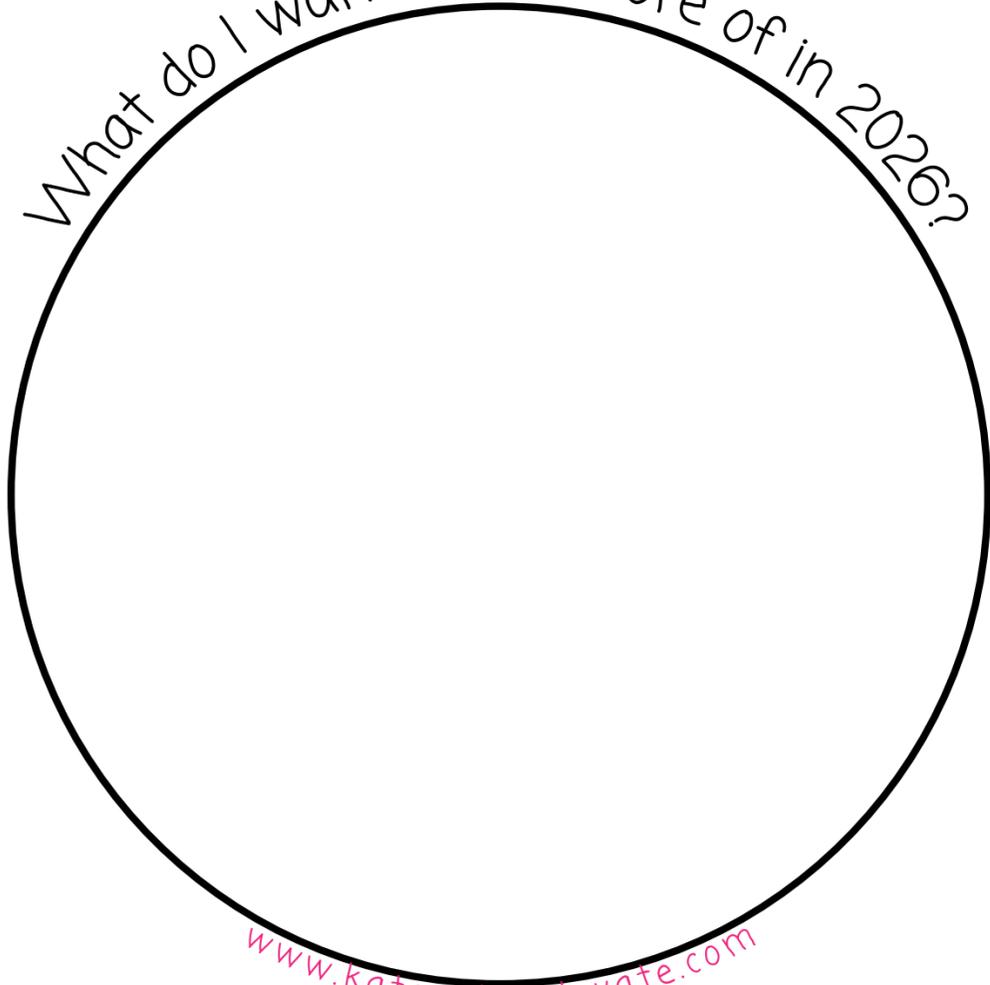
The 1st page is for YOU, the 2nd optional for your kid(s).

ENJOY the process, make sure you have a tangible copy visible for your subconscious to see & let's elevate 2026!

Know yourself. Back yourself. Build what's next.



What do I want to do more of in 2026?

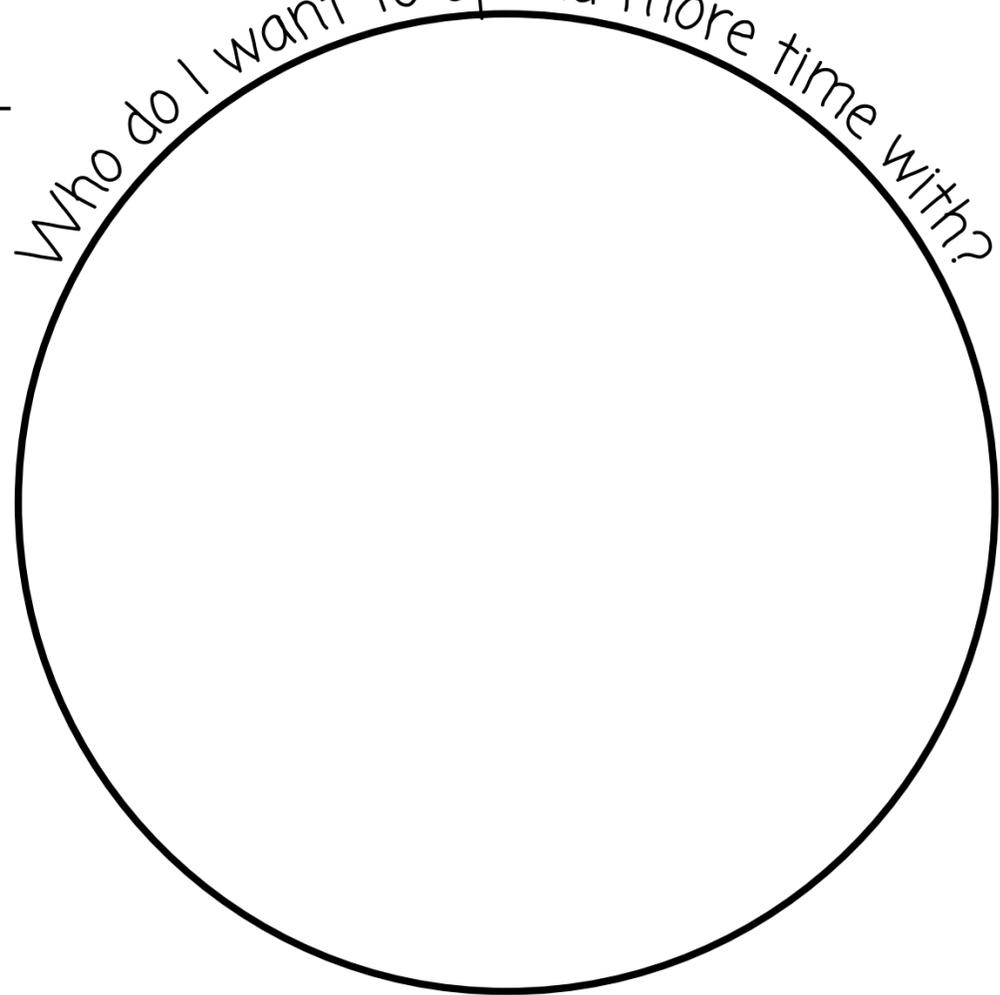


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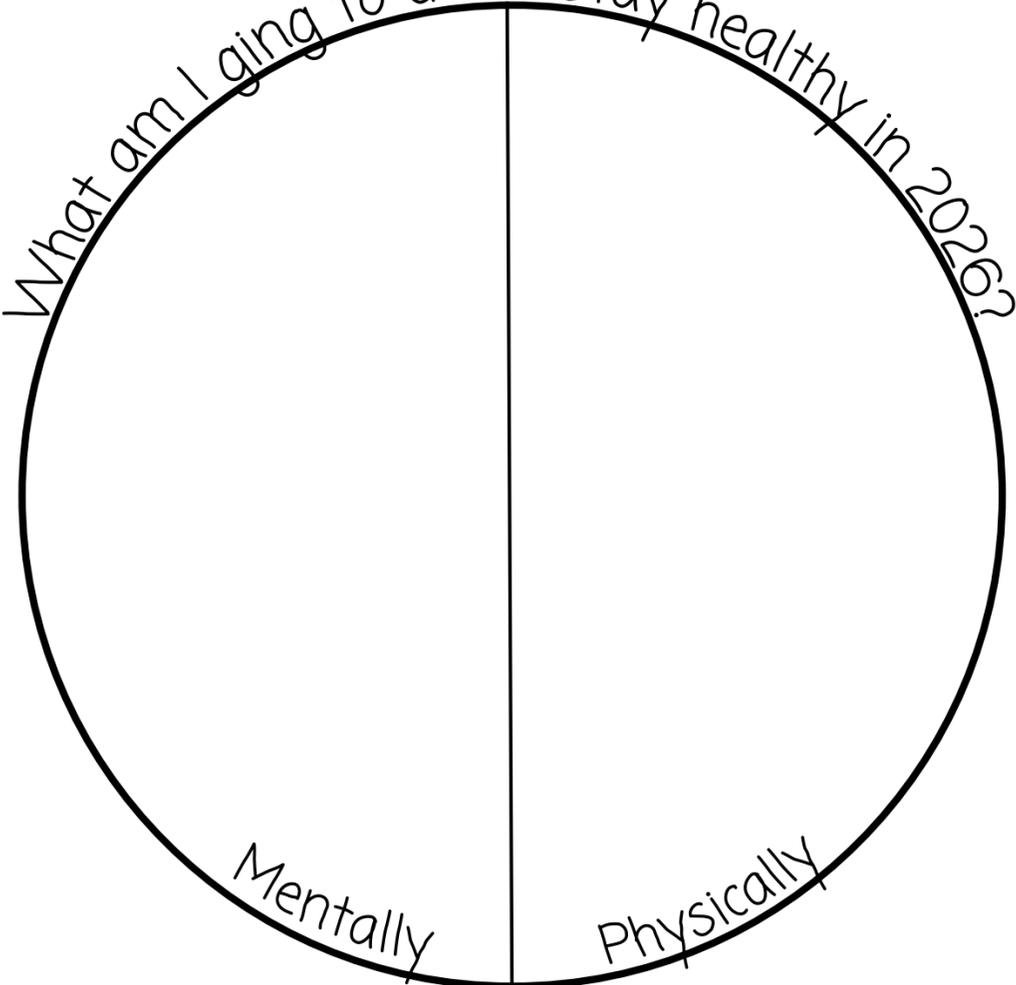
My word for 2026 is _____

My new / lapsed skills / hobbies to learn in 2026 are: _____

Who do I want to spend more time with?



What am I going to do to stay healthy in 2026?



Mentally Physically

What 5 things will I try to improve in 2026?

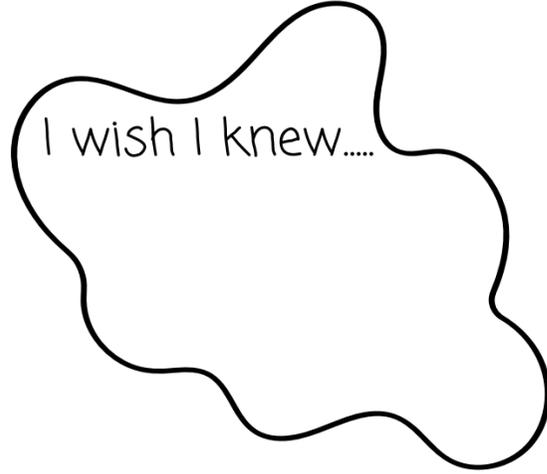
- 1.
- 2.
- 3.
- 4.
- 5.

I am grateful for:

What do I want to do more of in 2026?

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My word for 2026 is _____



I wish I knew....

My favourite things to do, read & play are:

Who do I want to spend more time with?

I am grateful for:

What am I going to do to stay healthy in 2026?

Mentally

Physically

What new skill / hobby do I want to try in 2026?

What 3 things will I try to improve in 2026?

- 1.
- 2.
- 3.