

Part 1 · Home Preparedness

My Emergency Contacts

NAME	RELATIONSHIP	PHONE NUMBER

My Evacuation Plan — If I had to leave my home in an emergency, I would go to:

- 1 _____
- 2 _____

One thing I will do this week to improve my home preparedness:

Part 2 · Future Preparedness

IN THE NEXT 6 MONTHS I WANT TO FEEL:

SOMETHING I WANT MORE OF IN MY LIFE:

SOMETHING I WANT LESS OF IN MY LIFE:

ONE DREAM I'VE BEEN PUTTING OFF:

Part 3 · My 2026 Goals

Write ONE goal for each area & make it specific and realistic.

Mental Wellness By _____, I will _____

Emotional Wellness By _____, I will _____

Physical Health By _____, I will _____

Other By _____, I will _____

MY 2026 VISION BOARD

How do I want the rest of my year to feel?

Write, draw, doodle, or paste images – there's no wrong way to do this. Use this space to dream about what you want the rest of 2026 to look and feel like.

HEALTH

How do I want to feel in my body? What health goals do I have?

RELATIONSHIPS

Who do I want in my life? How do I want my relationships to feel?

FINANCES

How do I want to feel about money? What financial goals do I have?

JOY

What brings me joy? What do I want to do more of?

COMMUNITY

How do I want to be connected? How do I want to give back?

PERSONAL GROWTH

Who do I want to become? What do I want to learn or change?

MY WORD FOR 2026

Choose one word that will guide you through the rest of the year.

Peace · Joy · Prepared · Healing · Growth · Balance · Connection · Confidence · Hope · Strength