



New Year Prep & Reset



Mindset & Manifestation Reset



Write a clear 2026 theme word. One word. Not a paragraph.

Define what “success” actually means to you in 2026.

Create a 2026 vision board (digital or physical).

Write a Future Self letter dated December 31, 2026.

List 10 things you are no longer available for.

Create a daily affirmation list that doesn't make you cringe.

Decide your non-negotiables for energy, health, and money.

Script your ideal ordinary weekday in 2026.

Script your ideal Saturday.

Script your ideal Sunday reset.

Choose a manifestation ritual you'll actually do daily

Declutter your phone home screen.

Delete apps that drain your focus.

Create a calm morning routine plan.

Create an evening wind-down routine plan.

Planning, Goals & Structure



- Buy a new 2026 planner.
- Buy a wall calendar you'll actually look at.
- Create a master 2026 goals list.
- Break goals into quarters.
- Define 3 goals max per quarter.
- Create habit stacks for each goal.
- Choose 5 keystone habits for the year.
- Write a "minimum viable day" checklist.
- Create a weekly planning ritual.
- Create a quarterly ritual.
- Create a monthly review ritual.
- Create a yearly reset ritual.
- Decide how you'll track progress.
- Choose a habit tracker app or system.
- Set calendar reminders for check-ins.
- Time-block your ideal workday.
- Time-block rest. Yes, schedule it.
- Create a Sunday reset checklist.
- Decide how you'll reward consistency.
- Decide how you'll respond when motivation dies.

Wellness & Health Reset



- Schedule annual physical.
- Schedule bloodwork.
- Review supplements with a professional.
- Buy a high-quality water bottle.
- Buy electrolytes you actually like.
- Stock protein staples.
- Create a protein goal for 2026.
- Create a fiber goal.
- Choose a daily step target.
- Decide your strength training plan.
- Buy resistance bands or weights.
- Set up a walking routine.
- Create a sleep routine.
- Buy blue-light blocking glasses.
- Declutter skincare products.
- Restock only what you use.
- Create a morning hydration habit.
- Plan weekly meal prep rhythm.
- Choose go-to healthy meals.
- Create a grocery master list.

Weight Loss & Body Support



Define your weight loss goal realistically.

Decide how you'll measure progress beyond the scale.

Choose a food tracking method.

Identify trigger foods.

Create replacement habits for emotional eating.

Plan "eating out" boundaries.

Stock freezer with backup meals.

Buy meal prep containers.

Buy a food scale.

Create a snack strategy.

Choose walking playlists or podcasts.

Schedule workouts like meetings.

Create a plateau plan now.

Decide what discipline looks like for you.

Track habits, not perfection.

Commit to consistency over speed.

Money Reset



- Do a full financial inventory.
- List all debts.
- List all savings.
- Define your 2026 money goals.
- Choose debt payoff strategy.
- Set up automatic transfers.
- Create sinking funds.
- Create a “fun money” category.
- Decide your money check-in day.
- Create a weekly money ritual.
- Create a monthly money review.
- Buy a money planner or spreadsheet.
- Set a savings milestone.
- Increase retirement contributions if possible.
- Cancel unused subscriptions.
- Decide spending boundaries.
- Create a no-spend challenge plan.
- Create a “money calm” playlist or ritual.

Organization & Environment Reset



Declutter closet.

Donate clothes that don't fit your future self.

Organize workout clothes.

Refresh your workspace.

Clean out your car.

Reset your kitchen.

Label pantry.

Create a launch pad for mornings.

Create a charging station.

Buy storage bins where needed.

Reset bathroom drawers.

Declutter nightstand.

Create a calm bedtime environment.

Wash bedding.

Light candles you've been hoarding.

Buy a new notebook just for ideas.

Create a physical inbox.

Organize digital files.

Rename folders like an adult.

Delete old photos/screenshots.

Learning & Growth



Choose 12 books for Q1.

Create a reading routine.

Pick 2 skills to learn

Unsubscribe from noise newsletters and emails

Subscribe to high-quality voices.

Choose one course to complete for Q1

Create a note-taking system.

Decide how you'll apply what you learn.

Create a "things to revisit" list.

Energy. Joy & Identity



- Choose a signature scent for 2026.
- Buy one outfit that fits your future self.
- Refresh lounge wear.
- Upgrade basics.
- Choose music for different moods.
- Plan small joys into your week.
- Create a joy list.
- Choose friendships to invest in.
- Decide boundaries with draining people.
- Schedule solo time.
- Plan quarterly personal retreats.
- Create a gratitude ritual.
- Choose how you'll celebrate wins.

Final Lock-In



Write a personal 2026 contract.

Sign it.

Set a January 1st reset ritual.

Create a first-week action plan.

Choose courage over comfort.

Choose progress over perfection.

Choose consistency over chaos.

Choose yourself daily.

Commit publicly or privately.

Start before you feel ready.

This is my New Years Prep & Reset for 2026

I have 3 whole weeks to prep , reset adn get ready for 2026 to be one of my best years ever.

Super excited to start fresh, plan more goals adn reach them no matter what obstacles I face.

Let's make 2026 the best year yet
&
Let's live this year like we'd
want to live it twice!

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For more life architecture, planning, lists,
wellness, money, & glow-up energy!

