

The Annual Reset

REFLECT, RELEASE, REALIGN

by Coach Sid

Love Louder.
Leap Bolder.
Live Freer.



This is your permission slip to
be ALL IN today. Give fully,
receive fully, and remember—
you are seen, you are supported,
you are celebrated.



Your Step-by-Step Workbook for a Breakthrough 2026

Welcome to Your Reset

Hello, and welcome to this moment of pause.

If this past year looked good on paper but felt heavy, rushed, or slightly off on the inside, you're in the right place. This workbook is not here to hype you up. It's here to help you hear yourself clearly.

In the next 90 minutes, you will:



Reflect on what 2025 actually felt like



Release one pattern that quietly cost you too much



Realign 2026 around the dreams that matter to you



Protect it with constraints and systems

How to Use This Workbook:

- 1 Follow the guided prompts for each section.
- 2 Write freely in short honest sentences. More signal over stories.
- 3 If you get stuck, answer the question you can answer
- 4 Revisit these pages throughout 2026 to stay aligned.

Remember, your first draft is enough for today.
It doesn't need to be perfect!

Reflect: Honor Your Lived Year

*"You don't just learn by experience.
You learn by reflecting on your experiences."*

Before we design 2026, we start with the truth of 2025. Not the highlight reel. Your lived experience. This is your chance to celebrate your wins, embrace your lessons, and ground yourself in gratitude.

1. Your Peaks & Valleys

Peaks

What were your proudest moments from 2025? These are the moments that gave you joy, made your confidence grow, or your spirit feel alive.

Peaks Moments that brought you joy	Lessons / Insights
Moment #1	What did this moment teach me about myself?
Moment #2	What strength did this reveal in me?

Valleys

Challenges, failures, and struggles that may have stretched you, but also shaped you this past year.

Valleys Moments that brought you down	Lessons / Insights
Moment #1	What lesson or insight do I take away from this experience?
Moment #2	How did I grow because of this?

2. The People Who Anchored Me

No one journeys alone. Take a moment to reflect on the people who showed up for you in 2025 - the ones who inspired, supported, or believed in you.



Name	Gratitude

(Optional: Send a thank-you message to these people after the session and before the end of the year. Gratitude expands what we have to give.)

3. Your Biggest Regret of 2025

Regret isn't weakness. It's a signal. Use it wisely and it becomes your compass.

🌙 My Biggest regret from 2025

🌙 The lesson it taught me

🌙 What this regret reveals I need to do differently in 2026 (one sentence):

Release: Create Space

"What you stop doing matters as much as what you start doing.."

To step fully into the next chapter of your life, you must release the weight of the old one. This section is about creating space. Not through motivation. Through subtraction.

1. Spot the "time and energy wasters"

What three things consistently waste my time, divert my attention, or drain my energy?

1.

2.

3.

If you're stuck, look in these three places.

Habits: What do I keep doing on autopilot that costs me too much?

Beliefs: What story do I keep believing that makes me overcommit or overprove?

Relationships/Commitments: What am I carrying that no longer feels aligned?

Test each one: If I stopped doing this for 90 days, would my life get better?

2. Turn them into “To-Don’ts”

Based on the list above, my To-Don’t List for 2026 is:

1. Don’t

2. Don’t

3. Don’t

3. What these To-Don’ts protect (circle two)

Time / Focus / Peace / Health / Creativity /
Relationships / Confidence / Presence

Realign: Create a Year Rooted in Who You Are

*"A goal is what you want to do.
A theme is how you want to live while you do it."*

It's time to shift from doing to being. Instead of setting resolutions, we'll create a vision that aligns with how you want to feel, the values you want to embody, and the priorities that will make 2026 a breakthrough year for you.

1. Feel It First

🌙 At the end of 2026, I want to feel:

2. Your Core Values

🌙 Values are not words you like. They are the principles you want to live by when life gets loud. Pick 3 values that you want to guide your decisions in 2026.

3. Pick Your 2026 Theme

- ☞ Pick **one word** as your theme for 2026. This becomes your filter for decisions, boundaries, and priorities. Write it below in big bold letters.

4. Your 100% Year

- ☾ Most people overwhelm themselves with too many goals. Instead, ask yourself:
What are the 3 wins that, if accomplished, would make 2026 a 100% successful year for me?

Your Wins	Why does this matter to me?
1.	
2.	
3.	
4.	
5.	

If you're stuck, look in these three places.

1. Inner Wins: health, clarity, energy, presence

2. Outer Wins: work, craft, money, impact

3. Relationship Wins: love, family, friendships, play

Protect: Make It Real When Life Gets Loud

Clarity is easy on January 1. Protection through Systems is what makes it real by Feb 15.

1) Pre-Mortem

🌙 Jump to the end of 2026. Imagine failure. Prevent it by protecting now.

It's Dec 31, 2026 and my goals are still waiting for me. What went wrong?
(List 2 risks fast.)

🌙 Now choose the top 2.

Risk #1	Prevention behavior (specific):
Risk #2	Prevention behavior (specific):

2) The 3 Systems

☾ You don't need a new personality. You need simple systems.

Today, you'll just pick one to begin.

Time System

Purpose: Protect your focus.

My one Time rule for 2026: I don't _____

Money System

Purpose: Protect your priorities.

My one Money rule for 2026: I don't _____

Energy System

Purpose: Protect your nervous system.

My one Energy non-negotiable for 2026: I don't skip _____

Choose ONE system to start in the next 7 days

I'm starting with: Time Money Energy

My first tiny step: _____



Final Words from Coach Sid

You've done something powerful today. By pausing, reflecting, and realigning, you've taken the first step toward a year of breakthrough growth.

Remember: Transformation isn't about perfection. It's about consistent, aligned action.

Keep this workbook close. Revisit it whenever you need clarity or focus. And always remember, you have everything within you to create the year you desire!

Here's to your incredible 2026,

Coach Sid