

# NORTH STAR

2025<< | >>2026

Lead with clarity.  
Design 2026.



# WHY THIS MATTERS

Writing down your goals brings your ideas to life. It helps your mind focus and notice opportunities.

Research shows that 76% of people who documented their goals, planned their actions, and reported weekly progress to a friend, achieved what they set out to do.

# REFLECTION

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**Start by reviewing 2025. Capture the key events, the wins, the challenges, and any accomplishments that shaped your year.**

**List three words to describe 2025:**

**List three feelings to describe 2025:**

# 2025 RECAP

What are you most proud of?

What did you overcome?

Who are three people who influenced you?

Who are three people you influenced?

What did you accomplish?

What remains unfinished?

What did you discover about yourself?

What are you grateful for?

# WHAT HELD YOU BACK

List five goals that remain unfinished, reflect on why they stalled, and map out how you will complete them next year.

Briefly list the goal:	In a few words, why it did NOT happen.	How can it be realized in 2026?

# SET GOALS WITH INTENT

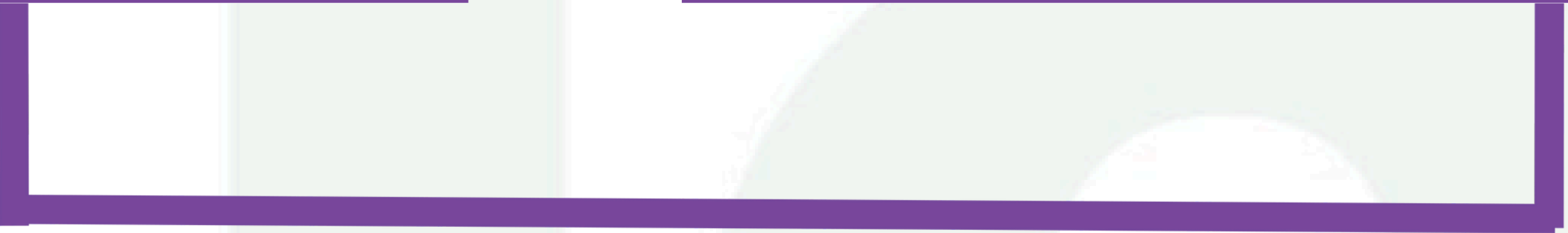
In “The ONE Thing,” Gary Keller emphasizes that your most important goal deserves a **protected block of time** each day, treated as an **unbreakable appointment with yourself**. When you guard that time, your progress becomes inevitable.

# WHAT MATTERS MOST

Who and what truly matter in your life? Goals become more meaningful when they reflect the relationships and priorities you value. Let these guide your planning to create alignment and purpose.

Who is most important to you?

What is most important to you?



# WHAT'S YOUR FOCUS?

Eighty percent of your results come from twenty percent of your effort. With that in mind, identify the five most important areas to focus on. For each one, note how many hours you currently spend each week, then record how many hours you want to dedicate moving forward.

AREA OF FOCUS	CURRENT/HRS		GOAL/HRS
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# STRENGTHS & WEAKNESSES

Ask a few people you trust to contribute to this section. Their perspective can expand your self-awareness and highlight the overlap between what you enjoy and what you excel at.

I LOVE TO...

I AM GOOD AT...

I DON'T LIKE TO...

I'M NOT GOOD AT...



# VALUES LIST

Identify your top five values from the list below. Then choose the two that matter most and check the box next to them. These two values will guide your decisions and help you stay clear and steady when challenges come up. Remember, if everything is a priority, nothing is—so choose only two.

	<input type="checkbox"/>
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Authenticity	Creativity	Justice	Religion
Achievement	Curiosity	Kindness	Reputation
Adventure	Determination	Knowledge	Respect
Authority	Fairness	Leadership	Responsibility
Autonomy	Faith	Learning	Security
Balance	Fame	Love	Self-Respect
Beauty	Friendships	Loyalty	Service
Boldness	Fun	Meaning	Spirituality
Compassion	Growth	Openness	Stability
Challenge	Happiness	Optimism	Success
Citizenship	Honesty	Peace	Status
Community	Humor	Pleasure	Trustworthiness
Competency	Influence	Poise	Wealth
Contribution	Inner Harmony	Popularity	Wisdom



# LIVING YOUR VALUES

How are you living your values throughout the day? Think of your values as a guiding light, especially in moments of uncertainty. For example, if connection is a core value, your actions might include meeting new people, checking in with loved ones, and highlighting important moments with thoughtful gestures.

VALUE #1

List three behaviors that support the value #1:

VALUE #2

List three behaviors that support the value #2:





# 2026 GOALS

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List your goals for 2026 and use the questions below to refine each.

GOAL #1

What is the importance of this goal?

How does the goal support your values?

What do you need to say "yes" to in order to achieve your goal?

What do you have to say "no" to in order to achieve it?

GOAL #2

What is the importance of this goal?

How does the goal support your values?

What do you need to say "yes" to in order to achieve your goal?

What do you have to say "no" to in order to achieve it?



# 2026 GOALS

>>> Be sure to save to your device <<<

List your remaining two goals for 2026.

GOAL #3

What is the importance of this goal?

How does the goal support your values?

What do you need to say "yes" to in order to achieve your goal?

What do you have to say "no" to in order to achieve it?

GOAL #4

What is the importance of this goal?

How does the goal support your values?

What do you need to say "yes" to in order to achieve your goal?

What do you have to say "no" to in order to achieve it?



# WIN GOALS HARSHLY

We often aim to take on too much at once and set so many goals that we feel overwhelmed, anxious, and ultimately like we are failing. *Narrow down your four goals to one.* Win this goal harshly by making it a habit or until it is complete, then move on to a new one.



THIS  
YEAR

How you show up shapes the result. As we enter the new year, consider who you aspire to be and what that entails. Please fill in the statements below.

This year, I will not  
procrastinate over...

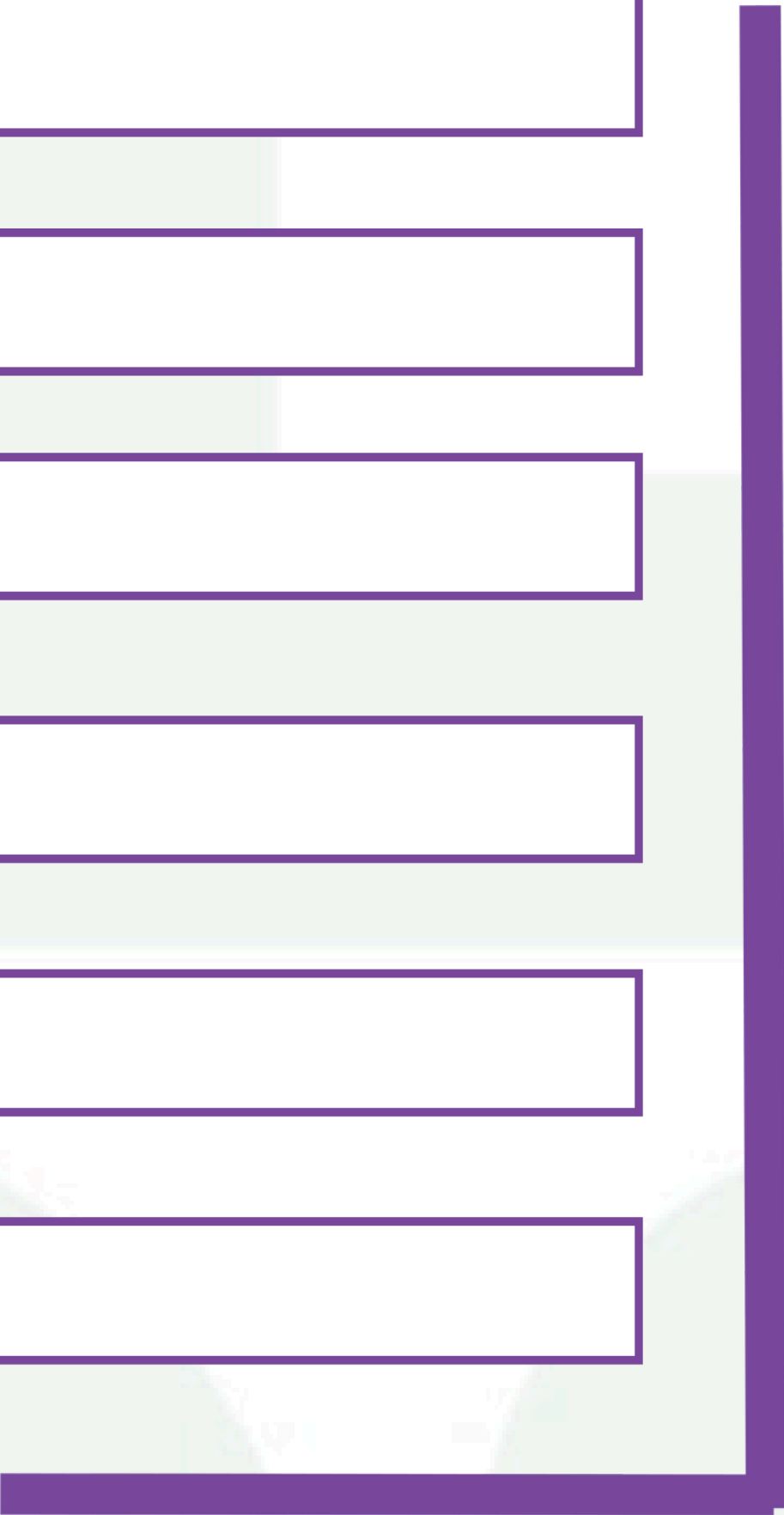
This year, I will draw  
energy from...

This year, I will be  
bravest when...

This year, I will try...

This year, I advise  
myself to...

This year will be special  
for me because...





# ACCOUNTABILITY

Achieving goals requires accountability. What accountability do you need to be successful? A few tips are listed below as a guide.

- **Partner** with someone to work towards shared objectives.
- Set **reminders** to regularly assess and track your progress.
- If you miss a day, **don't stop!** There will be good and challenging days – be kind to yourself.
- **Create visuals** of your goals, such as post-it notes on your mirror, a phone screensaver, or an item placed on your desk.
- **Celebrate** the significant victories and also the small wins.



# 2025: HERE I COME

Think of a word or phrase, full of energy, that will define the year ahead.

What is your theme for 2025?

Develop a mantra to recite during moments of uncertainty.

Example: I have been successful, I am successful, and I will be successful."

I have been

I am

I will be





# ***BEING & DOING***

**“Being” without action can keep you in place. “Doing” without intention can take you places you don’t want to go.**

**With your 2026 intention clear,  
the next move is action.**