25 How to Prepare for the Next Year in 10 Days

WHAT MATTERS THIS YEAR

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Today is: Daily Planner ___/___/____

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Wake up without rushing if possible
- ☐ Reduce unnecessary plans
- ☐ Spend at least 20 minutes without screens

"

Day 1:

Slow Down Your Pace on Purpose

"

Today feels like...

FOCUS ON

- Shifting out of urgency
- Where do I feel rushed for no real reason?
- What happens in my body when I slow down?

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Write a list titled "I am done with..."
- ☐ Get Emotional closure
- ☐ Spend at least 30 minutes without screens

"

Day 2

Close the Year You Are Leaving

"

Today feels like...

FOCUS ON

- Name situations, habits, dynamics, or expectations that no longer belong in your life
- What drained me the most this year?
- What am I relieved is over?

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ List habits that helped your well-being
- ☐ List routines that felt grounding
- ☐ List people or place where you felt safe

> *Day 3*
>
> *Identify What Actually Supported You*

Today feels like...

FOCUS ON

- What made my days feel easier?
- What supported me without requiring force?
- Look for evidence, not ideals.

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Today is: Daily Planner ___/___/____

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Choose one area only.
- ☐ Stop when it feels complete, not perfect
- ☐ Wardrobe, bedside table, phone apps, inbox

"

Day 4

Clear One Physical Space

"

Today feels like...

FOCUS ON

- Focus: external clarity
- Remove what you do not want to carry into the next year
- How does my body feel in this cleared space?

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Unfollow what makes you feel inadequate
- ☐ Mute unnecessary notifications
- ☐ Clean your home screen or bookmarks

> *Day 5*
> *Reset Your Digital Inputs*

Today feels like...

FOCUS ON

- How do my digital habits affect my mood?
- What do I want to feel more of when I open my phone?
- Focus: mental hygiene

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Choose a theme or word for 2026
- ☐ Examples: grounded, spacious, steady
- ☐ consistent, gentle, intentional

> *Day 6*
>
> *Choose a Direction for the Year*

Today feels like...

FOCUS ON

- Choose one word or short phrase
- Write what this word means in your daily life
- How would my choices change if I lived by this word?

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Focus: boundaries
- ☐ No chronic overcommitting
- ☐ Not saying yes out of guilt

> *Day 7*
> *Decide What You Are No Longer Available For*

Today feels like...

FOCUS ON

- Write a list titled "I am no longer available for..."
- Include habits, expectations, and dynamics
- What has cost me the most energy this year?

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Choose three anchors only
- ☐ How you return to them during busy times
- ☐ Focus: stability

> *Day 8*
>
> *Set Three Anchors for the Year*

Today feels like...

FOCUS ON

- If everything feels chaotic, what brings me back to myself?
- Examples:
- Nervous system care, meaningful work, presence in relationships, health and movement, creative expression

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Define what a good enough day looks like
- ☐ List habits that stay even on low energy days
- ☐ Define how you will rest without guilt

> Day 9
> Define Your Bare Minimum Days

Today feels like...

FOCUS ON

- What do I need on hard days?
- How can I support myself instead of pushing?
- Focus: sustainability

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

Daily PLANNER

TODAY'S MOOD

TO DO

- ☐ Do something grounding
- ☐ Keep your day simple
- ☐ Write one sentence intention for the year

> *Day 10:*
> *Enter the New Year Calmly*

YOU MADE IT !

FOCUS ON

- How do I want to feel stepping into the year?
- I choose presence over pressure.
- I move at a pace that supports me.

IF ONE THING GETS DONE

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I'M GRATEFUL FOR

notes

"What I noticed during these 10 days"

www.thatgirlblog.com