THE RISE PROGRAM • YEAR-END RESET

2026 Year-End Reflection & Audit

Before you plan where you are going, take an honest, compassionate look at where you have been.

Set aside 30 quiet minutes with a warm drink and a pen. Research shows that writing your reflections down by hand clarifies what truly matters and frees your mind from carrying unfinished loops into the new year. Answer honestly—without judgment or guilt.

PART 1: WINS, GRATITUDE & QUIET PROGRESS

What moments, milestones, habits, or personal breakthroughs from 2026 are you genuinely proud of—big or small?

PART 2: LESSONS & UNFINISHED LOOPS

Where did you feel stretched thin, stuck, or out of alignment this year? What did those seasons teach you about your boundaries and capacity?

PART 3: THE 2026 LIFE PILLARS AUDIT

Rate each area of your life from 1 (depleted) to 10 (thriving) for 2026, and note one honest observation.

LIFE PILLAR	2026 SCORE (1–10)	WHAT WORKED VS. WHAT NEEDS ATTENTION
Faith, Soul & Inner Peace	___ / 10	
Health, Energy & Rest	___ / 10	
Family & Relationships	___ / 10	

LIFE PILLAR	2026 SCORE (1–10)	WHAT WORKED VS. WHAT NEEDS ATTENTION
Work, Business & Purpose	___ / 10	
Personal Growth &/OR Finances	___ / 10	

PART 4: WHAT STAYS VS. WHAT GETS LEFT IN 2026

To create room for meaningful goals in 2027, you must decide what you are no longer carrying forward.

CARRY FORWARD INTO 2027 (KEEP & PROTECT)	LEAVE BEHIND IN 2026 (RELEASE & SAY NO TO)

PART 5: YOUR ONE-SENTENCE SUMMARY OF 2026

If you could capture the core theme or lesson of 2026 in one clear sentence, what would it be?

YOUR NEXT STEP: FROM 2026 CLARITY TO 2027 EXECUTION

Ready to Turn This Audit Into Your 2027 Plan?

Auditing 2026 clears the mental clutter—now it is time to map where you are going next. Inside the final module of **The RISE Program: 2027 Goal Setting & Life Planning**, we take your 2026 reflections and build your short, medium, and long-term vision, breaking 2027 down into an actionable **quarterly (90-day) execution plan**—backed by a private 45-minute 1-on-1 personal session with Hira.

Starts Thursday, Nov 26th • 5 Two-Hour Live Sessions + 1-on-1 Personal Session • Registration closes Nov 24th at hirasaqib.com