



January 2026

Dear Self (or \_\_\_\_\_),

Congratulations! You just finished the year 2025!!!! Can you believe it?? You've had some highs and lows, good times and bad. Remember how HAPPY or HOPEFUL you felt when . . .

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And how MAD or ANNOYED you felt when . . .

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You felt really SAD or DISAPPOINTED when . . .

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But the important thing is you made it through.



If you had the chance to do ONE thing this last year over again, it would be . . .

Because then you would . . .

Now you've got a brand NEW year ahead of you, 2026!!! If you could give yourself one piece of ADVICE to use for this year and you'd be guaranteed you'd listen, it would be...

It would be a great ACCOMPLISHMENT if, in 2026, you could . . .

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And just for fun – fill in the following based on HOW YOU FEEL RIGHT NOW:

The main STRESS in your life:

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Favorite PERSON to hang out with:

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Favorite PLACE to hang out:

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Favorite recent MOVIE:

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The GAME or APP or TV series you're addicted to:

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Favorite SNACK:

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Favorite recent SONG:

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Something that SURPRISED you this year:

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TIME you get up in the morning:

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TIME you'd like to get up in the morning:

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TIME you go to bed:

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TIME you'd like to go to bed:

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Last thing you ate at a RESTAURANT:

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What was your favorite HOLIDAY this year (and why??):

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What you want to do NEXT NEW YEAR'S EVE:

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Person you need to be NICER to:

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Last person that made you really, really LAUGH:

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Person who most recently said 'I LOVE YOU' to you:

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Something you wish you weren't scared to do?

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Last goal you felt good about accomplishing or pursuing?

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The one thing (not person) you can't live without?

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OK, now, when you read this next year, what is one thing you want to remember about this year, 2025?

Last thing . . . one PREDICTION for YOU, for this year, 2026:

Signed \_\_\_\_\_

Date \_\_\_\_\_