

LIFE DESIGN

2026 Blueprint

This life design journal belongs to:

focus | fo•cus

NOUN Maximum clarity.

VERB Bring something into alignment.
Direct one's attention on something.

Focus and margin are valuable skills in life.

Use your 2026 Life Design Blueprint over the next 12 months.

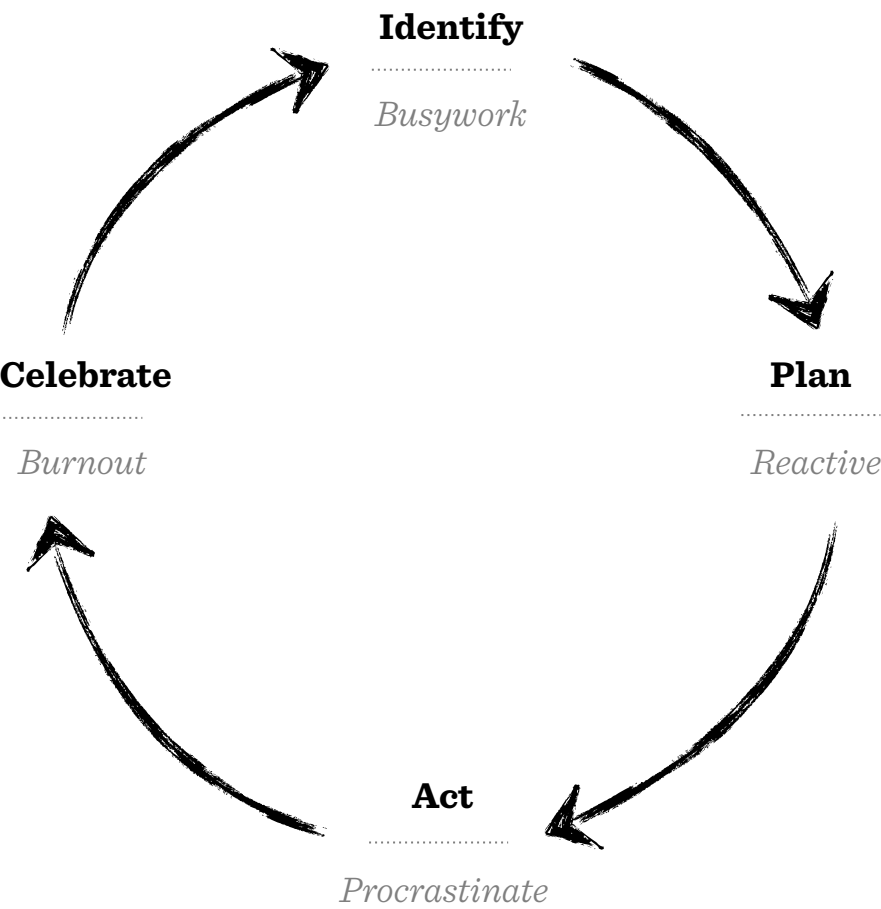
This journal will help you stay focused on your most important goals for the year and build your lifestyle habits.

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The 4-Focus Method

A Flywheel of Healthy or *Dysfunctional* Productivity



1: Identify (vs Busywork)

Many people struggle to identify that which matters because they lack clarity about the bigger picture of their life’s mission and vision as well as that of their company.

2: Plan (vs Reactive Work)

When you have identified what is important, you must set aside time for it. Otherwise all you have is a wish or a hope that gets no traction in your life.

3: Act (vs Procrastination)

This is where you do that which you said you would do. It will naturally include your tasks and actions, but it also includes things such as meaningful moments with your family, resting and recharging, and more.

4: Celebrate (vs Burnout)

When you’ve done that which you set out to do, that’s cause for celebration! Reinforce your positive actions and recognize that you’ve just done something that matters.

For each step in the flywheel, which do you most relate to?

Identify	Plan	Act	Celebrate
<i>Busywork</i>	<i>Reactive Work</i>	<i>Procrastination</i>	<i>Burnout</i>

Your Core Values

What are your 2 or 3 core values? These guide your goals, your actions, and even serve as a decision-making framework when opportunities or challenges arise.

1	
2	
3	

 **Bonus:** How do you express your Core Values? What do they look like in your life?

Life Vision and Mission

If you have done the Focus Course, copy your Life Vision statement here.

CELEBRATE & REVIEW

Let's begin by looking back at 2025
to review how things are going.

Wins & Highlights From 2025

One personal highlight:

Most important relationship (and why):

An unexpected win, opportunity, ah-ha:

Something I have learned / discovered / realized:

Other Wins & Highlights

Any other memorable or neat things that happened in life?

Personal Margin Assessment

Circle the amount of margin you currently have in each area.

Time	Little to no margin		Plenty of margin
Finances	Little to no margin		Plenty of margin
Emotions	Little to no margin		Plenty of margin
Creative	Little to no margin		Plenty of margin
Health	Little to no margin		Plenty of margin

Notes

TODAY'S DATE:

NOT GOOD...

AMAZING!

MY INNER PERSONAL LIFE

1	2	3	4	5
---	---	---	---	---

MY EMOTIONAL STATE

1	2	3	4	5
---	---	---	---	---

MY PHYSICAL HEALTH

1	2	3	4	5
---	---	---	---	---

MY MENTAL STATE

1	2	3	4	5
---	---	---	---	---

MY FINANCES

1	2	3	4	5
---	---	---	---	---

MY REST & DOWN TIME

1	2	3	4	5
---	---	---	---	---

**MY RELATIONSHIP WITH
MY SIGNIFICANT OTHER**

1	2	3	4	5
---	---	---	---	---

MY RELATIONSHIPS

1	2	3	4	5
---	---	---	---	---

MY JOB / CAREER

1	2	3	4	5
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What's going well?

What could be better?

What's going well?

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MY 2026 BLUEPRINT

2026: Defining Success

At the end of 2026, this is one thing I want to be true about myself and my life:

In 2026, I want to focus primarily on

_____ *and* _____

Other Goals, Dreams, and Desired Outcomes for 2026

Ideas and Inspiration for Lifestyle Habits

During 2026, you'll come up with ideas for ways to improve each area of your life. Use this space to keep track of ideas you have so you can reference them later when it's time to focus on that area of your life.

Physical Health

Finances

Relationships

Rest & Recreation

Career

Inner-Personal

Other

JANUARY & FEBRUARY

2026

Identify

The area of life I want to focus on most for January and February is:

Areas of life: Physical Health, Relationships, Inner-Personal, Rest & Recreation, Career, and Finances

For this area, here are some things going well already:

For this area, here are some things that could be better:

For this area of life, a few goals and desired outcomes I have for 2026 are:

Brainstorm ideas for small, simple habits you could do during the next few months that would help you accomplish your goal.

Focus Declaration for January & February

For the next two months, I will focus primarily on my
_____ *and begin moving toward my goal of*
_____.

I know that small, consistent steps will result in big change. Thus,
I am committing the next two months to focus on the lifestyle
habit of: _____.

In order to protect my ability to focus, I will work to keep margin
in my life by _____.

A potential obstacle or conflict is _____.

But I plan to overcome that by _____.

Use the 4-Focus Method to Accomplish Your Goal

To turn your Focus Declaration into a weekly or daily rhythm, use this checklist for healthy productivity that will keep you focused on your most important action.



TIP: Use Focus Club to help you! Join us for Focus Hour to plan your week, and respond to the weekly check-ins and prompts to share your goals and to celebrate your wins.

1: Identify

I have identified what is most important for me to focus on.

My most important task is: _____.

2: Plan

I have a plan for when and where I will spend time on the above.

I will do _____ on _____ at _____ in _____.
task day time location

3: Act

I have followed through with my simple plan.

I will keep myself on track by checking in with the Focus Club community

4: Celebrate

I recognize my progress (no matter how big or small) and have celebrated.

By keeping my commitment and making meaningful progress on something that matters, I will (or did) celebrate by: _____.

Focus Club — January Call Notes

January 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

January Check-In

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (January 2027)

Focus Club — February Call Notes

February 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

February Check-In and Review

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (February 2027)

I'm going to celebrate the past 60 days by:

MARCH & APRIL

2026

Identify

The area of life I want to focus on most for March and April is:

Areas of life: Physical Health, Relationships, Inner-Personal, Rest & Recreation, Career, and Finances

For this area, here are some things going well already:

For this area, here are some things that could be better:

For this area of life, a few goals and desired outcomes I have for 2026 are:

Brainstorm ideas for small, simple habits you could do during the next few months that would help you accomplish your goal.

Focus Declaration for March & April 2026

For the next two months, I will focus primarily on my
_____ *and begin moving toward my goal of*
_____.

I know that small, consistent steps will result in big change. Thus,
I am committing the next two months to focus on the lifestyle
habit of: _____.

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Focus Club — March Call Notes

March 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

March Check-In

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (March 2027)

Focus Club — April Call Notes

April 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

April Check-In and Review

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (April 2027)

I'm going to celebrate the past 60 days by:

MAY & JUNE

2026

Identify

The area of life I want to focus on most for May and June is:

Areas of life: Physical Health, Relationships, Inner-Personal, Rest & Recreation, Career, and Finances

For this area, here are some things going well already:

For this area, here are some things that could be better:

For this area of life, a few goals and desired outcomes I have for 2026 are:

Brainstorm ideas for small, simple habits you could do during the next few months that would help you accomplish your goal.

Focus Declaration for May & June 2026

For the next two months, I will focus primarily on my _____ and begin moving toward my goal of _____.

I know that small, consistent steps will result in big change. Thus, I am committing the next two months to focus on the lifestyle habit of: _____.

In order to protect my ability to focus, I will work to keep margin in my life by _____.

A potential obstacle or conflict is _____.

But I plan to overcome that by _____.

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Focus Club — May Call Notes

May 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

May Check-In

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (May 2027)

Focus Club — June Call Notes

June 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

June Check-In and Review

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (June 2027)

I'm going to celebrate the past 60 days by:

Personal Margin Assessment

Circle the amount of margin you currently have in each area.

Time

Little to no margin

Plenty of margin

My schedule is out of control. I am burning the candle at both ends. I have no time for things that matter most.

My days are spent on the things I need and want to do. I have time for resting and recharging. I am flexible.

Finances

Little to no margin

Plenty of margin

I have a significant amount of debt, I struggle to live within my means, and I tend to make irrational financial decisions.

I have a healthy emergency fund, I am debt free, I live within my means, and I am planning for the future.

Emotions

Little to no margin

Plenty of margin

I have very little margin for dealing with anyone's issues. I feel frustrated, exhausted, and burnt out.

I am emotionally present and engaged. I am able to engage people and circumstances with my heart intact.

Creative

Little to no margin

Plenty of margin

I can't seem to focus on anything these days. I am lacking inspiration.

I am excited to work on challenging problems or to dream up new ideas.. I know what inspires me. I am always learning.

Health

Little to no margin

Plenty of margin

I don't sleep well. I don't feel well. There is no consistency to my exercise or diet. I need coffee and stimulants to get me through the day.

I consistently get a full-night sleep. I eat well and incorporate exercise into my week. I have the energy I need to tackle life.

Notes

TODAY'S DATE:

MY INNER PERSONAL LIFE

NOT GOOD...		AMAZING!		
1	2	3	4	5

MY EMOTIONAL STATE

1	2	3	4	5
---	---	---	---	---

MY PHYSICAL HEALTH

1	2	3	4	5
---	---	---	---	---

MY MENTAL STATE

1	2	3	4	5
---	---	---	---	---

MY FINANCES

1	2	3	4	5
---	---	---	---	---

MY REST & DOWN TIME

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---	---	---	---	---

MY RELATIONSHIP WITH
MY SIGNIFICANT OTHER

1	2	3	4	5
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Overwhelm Audit

Family Needs	Overwhelmed Hanging on Doing Well I am carrying all the mental load for my family. Each day feels like a train wreck. I feel exhausted and alone. There is health, teamwork, and shared responsibility in our home.
Home Projects	Overwhelmed Hanging on Doing Well Oh my gosh. I have so many things that NEED to get done around the house and I just can't keep up. I feel so behind. My home is home. It's not about being "clean and tidy", but it is calm and put together the way I want and need it to be.
Work Responsibilities	Overwhelmed Hanging on Doing Well I am drowning in work. Deadlines are constantly looming. Priorities are constantly changing. I feel completely burned out. I'm on top of my game and in my zone of genius. I see clear progress on the most important projects.
My Task List	Overwhelmed Hanging on Doing Well My task list is longer than my arm. I feel constantly pulled in multiple directions. I can't keep up. Am I failing? I know what matters most, and I know when I'll be working on it. I'm not distracted during the day. I am focused.
Personal Growth	Overwhelmed Hanging on Doing Well Ha! I wish. I rarely ever have time or energy for myself. I feel exhausted, burned out, and am running on empty. I know what I need to stay healthy, happy, and thriving. I've prioritized it and I make it happen. I am growing. I am doing well.

Notes

JULY & AUGUST

2026

Identify

The area of life I want to focus on most for July and August is:

Areas of life: Physical Health, Relationships, Inner-Personal, Rest & Recreation, Career, and Finances

For this area, here are some things going well already:

For this area, here are some things that could be better:

For this area of life, a few goals and desired outcomes I have for 2026 are:

Brainstorm ideas for small, simple habits you could do during the next few months that would help you accomplish your goal.

Focus Declaration for July & August 2026

For the next two months, I will focus primarily on my
_____ *and begin moving toward my goal of*
_____.

I know that small, consistent steps will result in big change. Thus,
I am committing the next two months to focus on the lifestyle
habit of: _____.

In order to protect my ability to focus, I will work to keep margin
in my life by _____.

A potential obstacle or conflict is _____.

But I plan to overcome that by _____.

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Focus Club — July Call Notes

July 2026: Weekly Highlights & Wins

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DATE	

July Check-In

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (July 2027)

Focus Club — August Call Notes

August 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

August Check-In and Review

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (August 2027)

I'm going to celebrate the past 60 days by:

SEPTEMBER & OCTOBER

2026

Identify

The area of life I want to focus on most for September and October is:

Areas of life: Physical Health, Relationships, Inner-Personal, Rest & Recreation, Career, and Finances

For this area, here are some things going well already:

For this area, here are some things that could be better:

For this area of life, a few goals and desired outcomes I have for 2026 are:

Brainstorm ideas for small, simple habits you could do during the next few months that would help you accomplish your goal.

Focus Declaration for September & October 2026

For the next two months, I will focus primarily on my
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_____.

I know that small, consistent steps will result in big change. Thus,
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Focus Club — September Call Notes

September 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

September Check-In

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (September 2027)

Focus Club — October Call Notes

October 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

October Check-In and Review

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (October 2027)

I'm going to celebrate the past 60 days by:

NOVEMBER & DECEMBER

2026

Identify

The area of life I want to focus on most for November and December is:

Areas of life: Physical Health, Relationships, Inner-Personal, Rest & Recreation, Career, and Finances

For this area, here are some things going well already:

For this area, here are some things that could be better:

For this area of life, a few goals and desired outcomes I have for 2026 are:

Brainstorm ideas for small, simple habits you could do during the next few months that would help you accomplish your goal.

Focus Declaration for November & December 2026

For the next two months, I will focus primarily on my
_____ *and begin moving toward my goal of*
_____.

I know that small, consistent steps will result in big change. Thus,
I am committing the next two months to focus on the lifestyle
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Focus Club — November Call Notes

November 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

November Check-In

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (November 2027)

Focus Club — December Call Notes

December 2026: Weekly Highlights & Wins

Use one space per week to write down your weekly highlights and wins this month.

DATE	

December Check-In and Review

This month, my goal has been:

The lifestyle habit I've been focusing on:

What's going well?

What could be better?

What, if anything, do I want to change for next month?

Note for my future self: What is something I want to be reminded about this time next year? (December 2027)

I'm going to celebrate the past 60 days by:

Additional Notes, etc....

Time-Blocking Cheat Sheet

Use this cheatsheet as a simple reference reminder for how to block your time more effectively during your day in order to focus on the lifestyle habits that will move you toward your goals.

✓ **List your day's 3 Most Important Tasks and how much time each one needs.**

Be sure to include the Lifestyle Habit from your Focus Declaration.

✓ **Schedule your known events.**

Open up your calendar and transfer all of your meetings and appointments onto your time-blocked plan for your day before you add any tasks. These are the things that you will have to work around.

✓ **Schedule your Most Important Tasks**

Decide when you are going to work on your Most Important Tasks. Everything you need to do must be done within the context of time. By setting aside time to work on your tasks, you significantly increase your chances of getting those things done.

✓ **Use conservative time estimates.**

Always schedule at least an hour for your time blocks, and always round up when trying to decide how long something will take. This way, you will build in natural margin to your schedule and you'll be able to better handle unexpected disruptions

✓ **Have a short list of easy tasks you can work on if you have extra time.**

Don't try to block time for things that aren't critically important. Instead, keep a short list of things you can do when you find that you finish a meeting or task a little early. (Or, take a break and don't feel bad about it!)

✓ **Do your best to stick to your schedule.**

Your plan won't be perfect. Do your best to stick to it, but don't get bent out of shape when things happen to disrupt it. The real value is in creating the plan in the first place and applying intentionality to your day.