

## The Limitless 2026 Blueprint WORKBOOK

“Don’t just set goals—create the mindset and momentum that will make them unstoppable.”  
- Hussein Yassine

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Did you know that 95% of people who set New Year’s resolutions never achieve them? The reason is simple: most don’t know how to create lasting change, and they fail to take the crucial first steps. This process will guide you in taking those first steps and building the momentum needed to see your goals through. By following it, you’ll gain a clear perspective on where you’ve been, where you are now, and where you want to go. It will also help you craft a straightforward plan to start your year in a way that inspires and drives you.

Here’s how to get started:

- 1. Looking Back on 2025**
- 2. Reflect on the Half Year Gone By 2026**
- 3. Dream and Set Your Vision**
- 4. Create your Action Plan**
- 5. Commit and Build Your Momentum**
- 6. Gratitude and Celebration**

## Annual Reflection and Planning Check-In

### Section 1: Looking Back on 2025

#### 1. LOOKING BACK ON 2025

Before we move forward, let's honour where we've been. This section helps you acknowledge your wins, learn from your challenges, and understand where you stand today.

- What were your biggest accomplishments or wins in 2025?

- What challenges did you face , and what valuable lessons did you learn from them?

- How have you grown or changed over the past year, and where do you stand today?

## Section 2: Reflect on the Half Year Gone By 2026

### 2. HIGHLIGHTS AND WINS

- Three Achievements You're Most Proud Of:

- New Skills and Strengths:

- Celebrating Your Progress:

## 3. CHALLENGES AND LESSONS

- What were three challenges you faced this year?

- How did you handle them, and what would you do differently if you could?

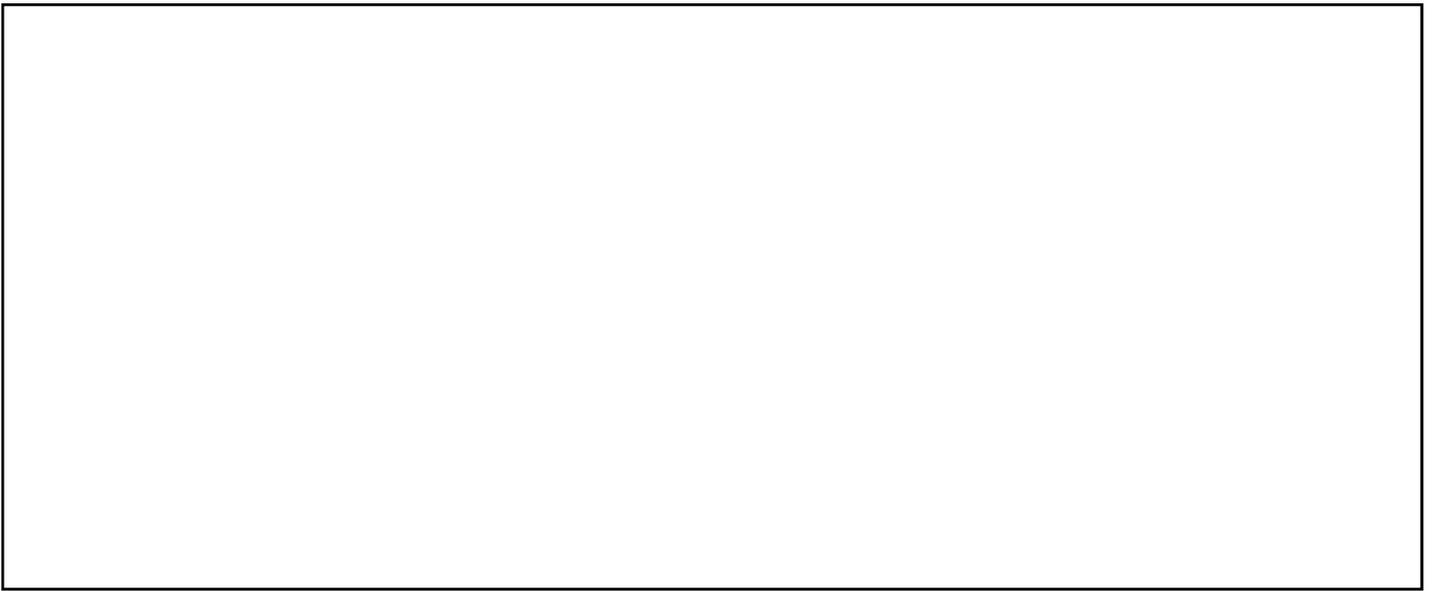
- What important lessons did these experiences teach you?

- How can these lessons guide your decisions in 2026?

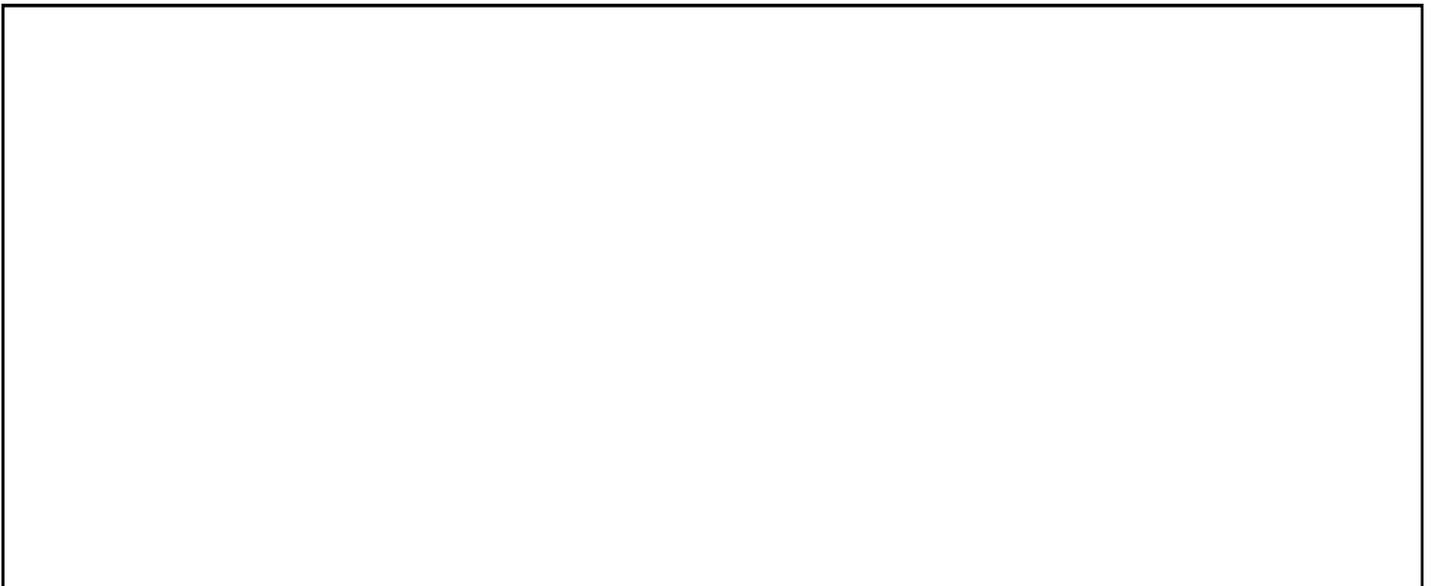
- Is there one belief, habit, or behaviour you let go of this year that made your life better?

## 4. CURRENT STATE ASSESSMENT

- What is working well in your life right now? Think about your work, relationships, health, and growth.



- How can you build on what is working?



### 5. YOUR BIG VISION

- Imagine it's the end of 2026. What would make you say?

- What milestones, experiences, or feelings would define success for you?

- What Does Success Look Like?

## 6. GOALS AND PRIORITIES

- What are three meaningful goals you want to achieve in 2026?

- Choose goals that excite you and stretch you.

### 7. STOP-START-CONTINUE FRAMEWORK

- What will you stop doing that holds you back or drains your focus?

- What will you start doing that will create momentum and progress?

- What will you continue doing because it is working well?

## 8. BREAK IT DOWN

From Goals to Steps:

- What is one small step you can take this week to move closer?

- What is one significant step you will take in January to create momentum?

- How will you track and measure your progress ?

### 9. OVERCOMING OBSTACLES

- What obstacles you face as you pursue your goals?  
Think about both internal (mindset) and external (time, people, resources) challenges.

- What will help you stay on track ?  
Consider your support systems, tools, or mindset practices.

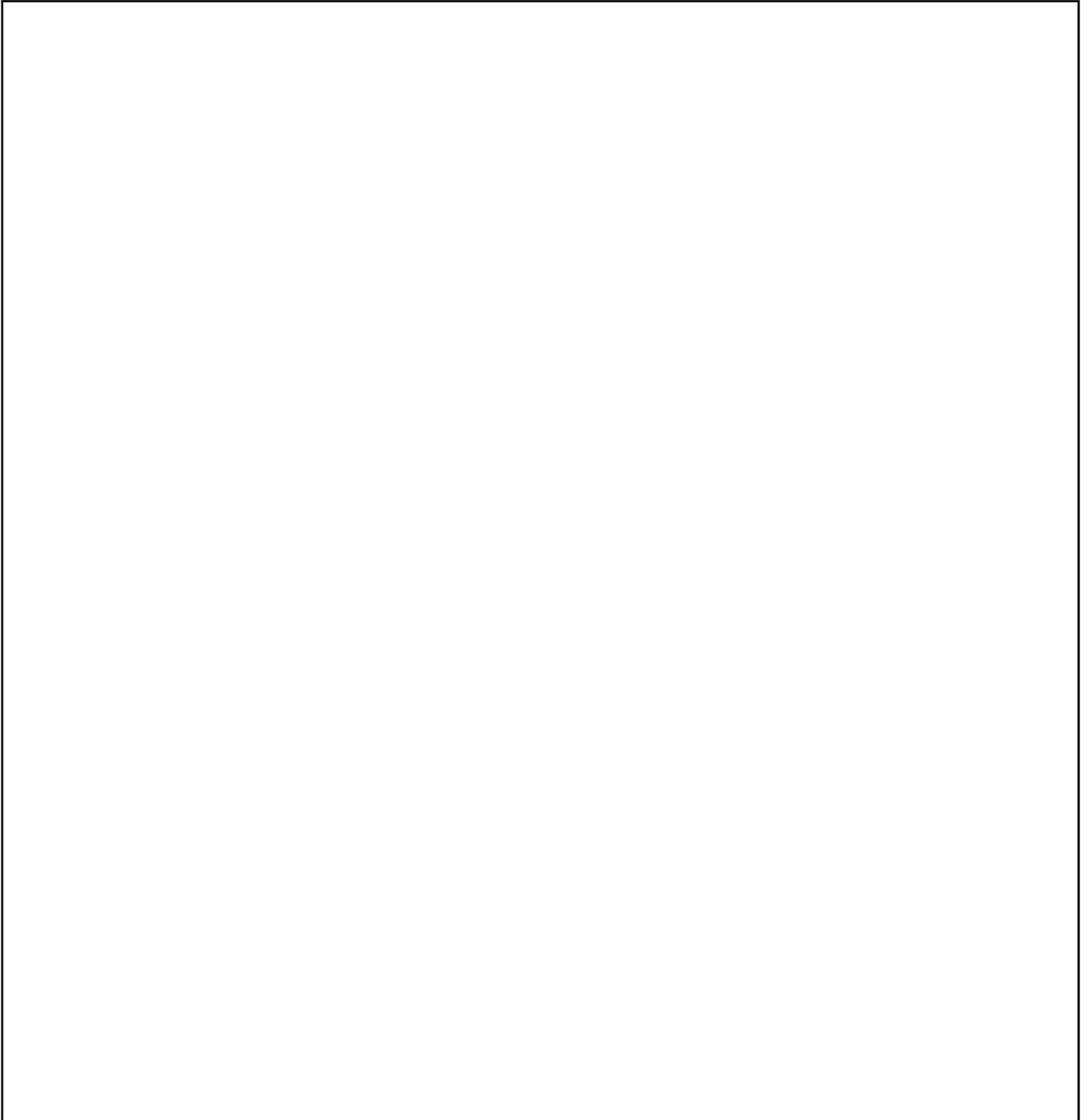
## 10. DAILY AND WEEKLY HABITS

- What daily or weekly habits will help you stay consistent and balanced?

- How will you check in on your progress and stay accountable?

## 11. YOUR WHY

- Example: “I am committed to living and leading with clarity, strength, and purpose.”

A large, empty rectangular box with a thin black border, intended for the user to write their personal statement or 'why'.

## Section 6: Gratitude and Celebration

BONUS:

### GRATITUDE AND CELEBRATION

- What are three things you are grateful for from this past year?

- How will you celebrate closing this year and stepping into the next one?

**HUSSEIN YASSINE**

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