

# 2026 Goal Setting Checklist

1

## Preparation (Luteal Phase):

- Block 2-3 hours of uninterrupted time
- Set up distraction-free environment
- Gather: notebook/device, this guide, current calendar

2

## Life Audit:

- Rate 5 life areas (1-10) honestly
- Identify where you are vs. where you want to be
- Pick 4-5 focus areas for 2026

3

## Goal Structuring:

- Write 1 SMART goal per focus area
- Break each goal into quarterly milestones
- Complete "I'm becoming someone who.." for each goal

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## Obstacle Planning:

- Use WOOP method for each major goal
- Identify 3 likely obstacles + specific plans
- Map goals to cycle phases where possible

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## Monitoring Setup:

- Schedule weekly 15-min review (same day/time)
- Set up tracking system (Phase, spreadsheet, planner)
- Write goals physically and post somewhere visible
- Set quarterly check-in dates in calendar

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## Phase Integration:

- Schedule quarterly goal review in line with luteal phase
- Plan first month of goal work around cycle phases
- Learn as you go, how your biology is impacting your progress towards your goals