

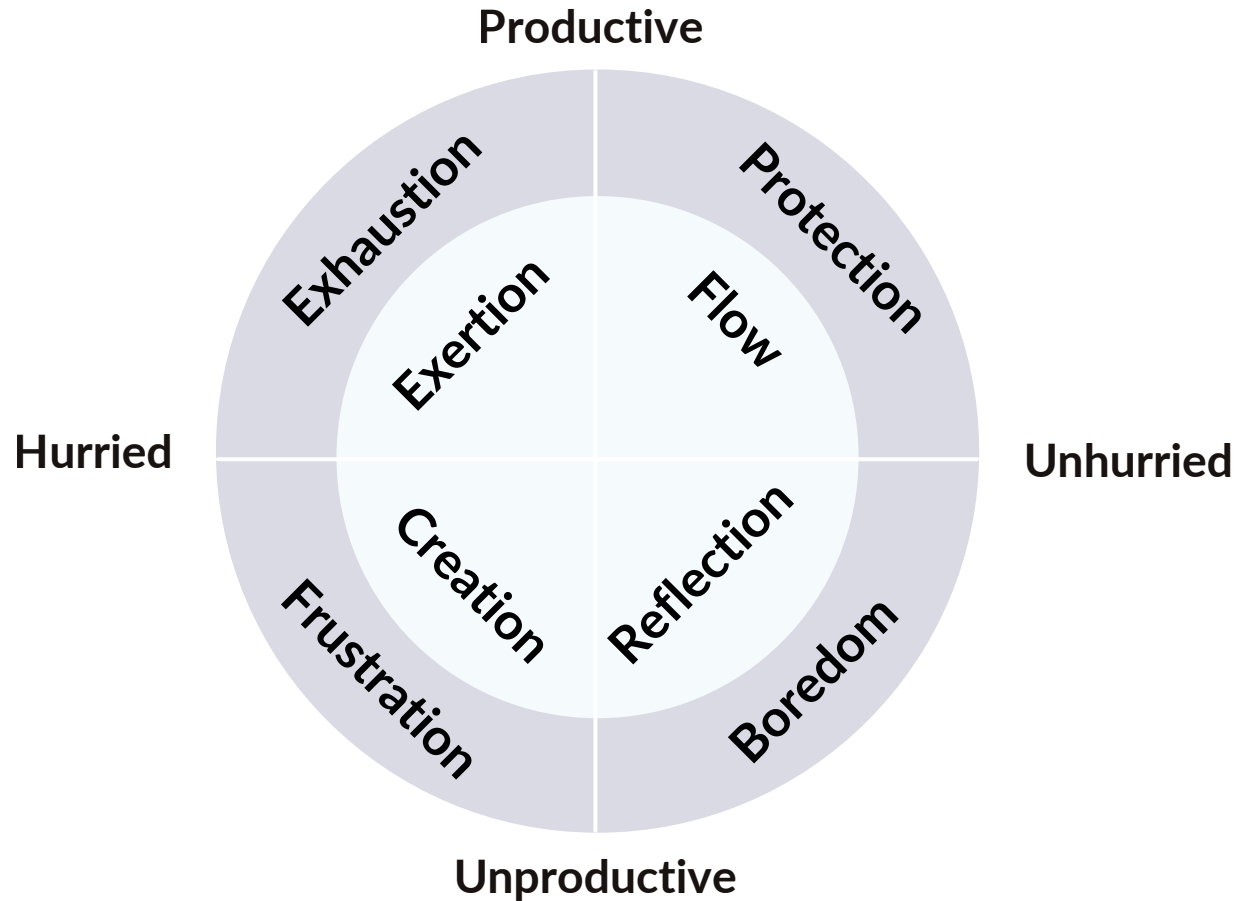
The Year So Far

Since January, the people, places and work that energised me:

Since January, the things that drained me:

The habits, structures or people that kept me on track:

And the ones that didn't:



The Year Ahead



Download the
Unhurried
Diagnostic

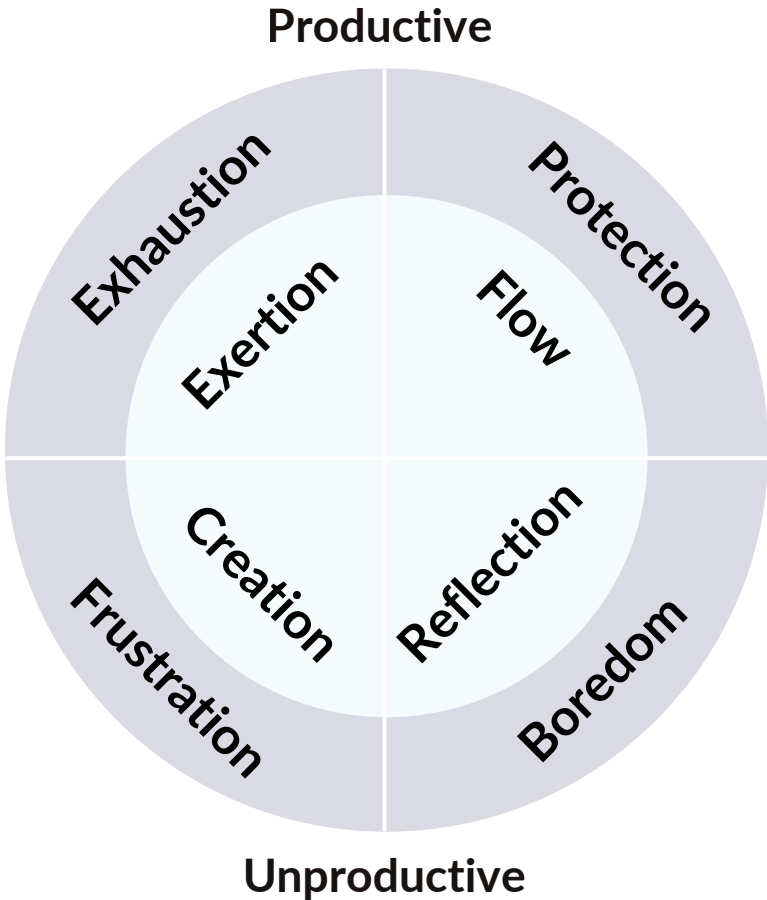
My Intentions

What do I want to have happen in the last five months of 2026?

How do I most want to feel between now and December?

What will I dial down, or drop, to make room for the good stuff?

My word for the rest of the year:



Big Rocks

August

September

October

November

December