



Be Your Life Solutions

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MY **2026** LIFE PRIORITIES JOURNAL

MONTH:

NAME:

THIS JOURNAL IS DESIGNED TO HELP YOU BALANCE AND INTEGRATE YOUR
PERSONAL, FAMILY, AND PROFESSIONAL PRIORITIES, BECAUSE TOGETHER, THEY
MAKE UP WHO YOU ARE.



SECTION 1: **PERSONAL**

Your personal well-being is the foundation of everything else. When you nurture your health, spirituality and friendships, you create the energy and clarity to show up fully in your family and professional life.”

WHAT DOES THIS SECTION MEAN TO YOU?

This section aims to remind you that self-care isn't selfish, it's fuel for your purpose.



Health

What habits will I build to sustain my physical and mental health?

How can I honor my body as a sacred vessel?

Sleep tracker

Exercise log

Mood check-in

Do you not know that your bodies are temples of the Holy Spirit...?" (1 Corinthians 6:19-20)



Spirituality

How will I deepen my spiritual practice?

Where can I create stillness in my day to reconnect with God's presence?

Space for prayer

Time for prayer

Journaling/Recording?

"Be still and know that I am God." (Psalm 46:10)



Relationships

Which relationships do I want to nurture this Year and which relationships to I want to create?

Which relationships do I want to nurture this year and how will I show love consistently?

Time for meetups

Time calls/ messages

Check-ins

A friend always loves, and a brother is born for adversity.” (Proverbs 17:17)



SECTION 2: **FAMILY**

Family is your anchor. Rituals, shared experiences, and quality time build resilience and joy that ripple across generations.

WHAT DOES THIS SECTION MEAN TO YOU?

This section is meant to help you intentionally invest in the people that matter most, creating memories and bonds that last beyond the year.



Family Rituals

What rituals will we commit to as a family?

What rituals can we establish this year to keep our family rooted in love?"

Weekly traditions

*"Bear with each other and forgive one another... And over all these virtues put on love, which binds them all together in perfect unity."
(Colossians 3:13-14)*

"As for me and my household, we will serve the Lord." (Joshua 24:15)



Family Outings

What experiences can I plan this year to celebrate the gift of family?

Weekly outings

Monthly traditions

Annual outings

*"Be devoted to one another in love. Honor one another above yourselves."
(Romans 12:10)*



Family Quality time

"How can I show patience and kindness in my daily interactions with family?"

*"Unless the Lord builds the house, those who build it labor in vain."
(Psalm 127:1)*



SECTION 3: **PROFESSIONAL**

Your professional life is where your skills and passions meet the world. By setting clear goals for your career and side hustle, you create impact, stability, and growth.

WHAT DOES THIS SECTION MEAN TO YOU?

This section is meant to empower you to align your work with your values, so success feels meaningful, not just measurable.



Work life

What milestones do I want to achieve in my career?

Work is more than productivity, it's a calling. This section inspires you to align your career and side projects with values of service and integrity.

Milestone

Time allocated to deep work daily

"Whatever you do, work at it with all your heart, as working for the Lord..." (Colossians 3:23)



Side Projects

What milestones do I want to achieve in my career?

Work is more than productivity, it's a calling. This section inspires you to align your career and side projects with values of service and integrity.

Identify project

Allocated time to project

*"Commit to the Lord whatever you do, and he will establish your plans."
(Proverbs 16:3)*



MY *VISION* FOR 2026

One word for the year: -

Dream outcome by the end of the year: -

Success headline I want to be written about me: -



Why does this statement matter: -

My Top 3 goals: - (Personal, Family, Professional)

Systems I must build to support my goals: -

Personal	Family	Professional



Who can help me achieve my goals? (Mentor; Accountability partner; colleague)

Personal	Family	Professional

What are my non negotiables?

Personal	Family	Professional

What is my constraint?

How am I going to work on removing my constraint?
