



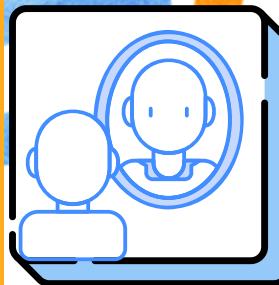
Looking Back to Move Forward: 2025 in Review & 2026 Goals



Let's reflect on the past year. Think about your biggest achievements, hardest challenges, and lessons learned. For the new year, consider questions about your goals, desired personal growth, relationships, and how you want to spend your time more intentionally.

Here are some questions to help you to reflect on the past year:

- What were your three biggest accomplishments?
- What were the biggest challenges you faced, and how did you handle them?
- What is the most valuable lesson you learned?
- What were your happiest moments? Can you identify any patterns?
- How have you changed or grown?
- What are you most grateful for?
- What was a new skill you learned or a new experience you had?
- What is one thing you wish you had done more of, and one thing you wish you had done less of?



Now, let's look ahead. What do you want to work on in 2026? A great tool to use is what is known as SMART goals. SMART goals are created using specific steps that you can follow to help define and reach your goals.

S Specific: What will be accomplished? What actions will you take?

M Measurable: What data will measure the goal? How much? How well?

A Achievable: Is the goal doable? Do you have the necessary skills and resources?

R Relevant: How does the goal align with broader goals? Why is the result important?

T Time: Bound What is the time frame for accomplishing the goal?

Each of these characteristics are essential for building a SMART goal.

How do you reinforce your goals?

- Write your goal and your plan for achieving it on paper. There are SMART forms that you can find online to use. You can post it where you will see it every day. Vision Boards can also help you to visualize your goals.
- Set up a schedule and try to be as consistent with it as possible. This will create a routine.
- Create accountability by asking someone to support you as you work on your goals.
- Track your progress. One way you can do this by writing in a journal daily. It is a great way to reflect back to see how far you have come.
- Remember, you are not perfect. You will have some bumps along the way but don't let that defeat you. Just remember why reaching this goal is important to you.
- Celebrate your accomplishments both big and small.



If you have any questions or would like to discuss this further please contact Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913 or cgilliam@sctca.net