

LIVE

Inspired

2026



Goal Setting Worksheets

Mini goal setting workbook to live your 2026 inspired.

VISION BOARD REFLECTIONS

How can I grow and become a better version of myself?

What hobbies or activities bring me joy?

What can I do to improve my overall health?

What ways can i nourish my spiritual self?

How can I make a positive impact to the world?

My Power words for 2026

- ☐
- ☐
- ☐
- ☐
- ☐

My Intentions for 2026

- ☐
- ☐
- ☐
- ☐
- ☐



Date

DAILY GRATITUDE

10 things I am grateful for:

10 things I am grateful for:

10 things I am grateful for:

10 things I am grateful for:

10 things I am grateful for:

10 things I am grateful for:



Date:

VISIONING MY DREAMS & GOALS

Having a clear vision of our goals and dreams helps determine the steps we need to take to achieve them.

First start by identifying the areas of your life that you would like to improve then add small tangible goals that you can do each day to achieve those bigger life goals.

FAMILY & RELATIONSHIP GOALS

CAREER & PROFESSIONAL GOALS

HEALTH & WELLNESS GOALS

PERSONAL GROWTH & SPIRITUAL GOALS

FINANCIAL GOALS

ADVENTURE & TRAVEL GOALS



Date:

SELF-AWARENESS REFLECTION FOR 2026

I AM AVAILABLE FOR;

I AM UNAVAILABLE FOR:

Thoughts, feelings and experiences I want to welcome:

Thoughts, feelings and experiences I am letting go of:



Date:

Self-care is the practice of taking action to preserve or improve one's own mental, emotional, physical and spiritual health. It is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others. You cannot give to others what you don't have yourself. Self care is not a luxury, it is essential to your well-being. When you take care of yourself, you feel good and you do good.

Write down realistic and meaningful ways to take care of your mental, emotional, physical and spiritual self.

Spiritual	Physical
<div><div>Self Care Goals</div></div>	
Mental	Emotional



Date:

I AM AFFIRMATIONS

Affirmations are empowering and positive statements that help reprogram your subconscious mind. "I am" statements reframe and affirm the dialogue you tell yourself. Stories about who you are, who you can be, and what you can do. Read these I Am affirmations and take what feels right. Take what serves your healing and happiness, and leave the rest.

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____



About the Author



Saige Arcand is a proud nehiyaw iskwew from Alexander First Nation. She is a certified personal development coach, wellness workshop facilitator and serial entrepreneur. She is also a mother of two beautiful daughters who motivate her everyday to live an inspired life.

It is from her previous experiences battling and learning to overcome severe self-esteem issues, body image issues, depression and inter-generational trauma which has inspired her to develop and deliver personal growth workshops.

Inspired Iskwew Coaching workshops are aimed to empower our people to transform their mindset, turn their wounds into wisdom, enhance their self-esteem and to have them leave with tools and confidence to reach their full potential in life.

