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Becoming Before 2027

A Q4 guide for building momentum before the new year

You do not need to wait for January to begin becoming her. Use these pages to choose what matters, practice it with intention, and arrive in 2027 with evidence that you already started.

By December 31, I want to feel proud that I...

Choose What Matters Most

Rate each area honestly. Then select only three places to direct your energy this quarter.

AREA	1	2	3	4	5	6	7	8	9	10
Health & energy	○	○	○	○	○	○	○	○	○	○
Mindset & personal growth	○	○	○	○	○	○	○	○	○	○
Relationships & connection	○	○	○	○	○	○	○	○	○	○
Work or career	○	○	○	○	○	○	○	○	○	○
Money	○	○	○	○	○	○	○	○	○	○
Home & environment	○	○	○	○	○	○	○	○	○	○
Fun, creativity & adventure	○	○	○	○	○	○	○	○	○	○

My Three Q4 Focus Areas

1. Focus area _____

What I want by December 31 _____

My first small step _____

2. Focus area _____

What I want by December 31 _____

My first small step _____

3. Focus area _____

What I want by December 31 _____

My first small step _____

Build a System That Supports Her

Choose habits that are realistic enough to repeat.

You do not need a perfect routine. You need a small system that keeps you connected to yourself ~ even on the weeks that do not go as planned.

Daily anchor

A small action that keeps me connected to myself.

Weekly reset

A recurring time to reflect, prepare, and realign.

Minimum version

The smallest version I will still do during a hard week.

My non-negotiable

One promise I am keeping with myself.

My support plan

A person, system, or reminder I can lean on.

Make Q4 Feel Like a Life

A meaningful season is not only about what you accomplish. It is also about how you feel while living it.

Experiences I want to create

Moments, places, or plans I want to make real.

People I want to be present with

Relationships I want to invest in with intention.

Make the season meaningful

What would help this season feel present, intentional, and not rushed?

A ritual I want to begin

A small act of care I would like to return to this season.

By the end of this season, I want to feel...

Name the feeling you want more of, then what will support it.

Reflect, Realign, Carry It Forward

Carry your momentum into 2027.

October

WIN I AM PROUD OF

WHAT I LEARNED

RELEASE ~ CONTINUE ~ ADJUST

November

WIN I AM PROUD OF

WHAT I LEARNED

RELEASE ~ CONTINUE ~ ADJUST

December

WIN I AM PROUD OF

WHAT I LEARNED

RELEASE ~ CONTINUE ~ ADJUST

Before I enter 2027, I am taking this with me...