

The Year That Holds

Your 2026 Self-Leadership Map for Your Weight, Health & Fitness - That Actually Lasts



This isn't a RESET. It's a **RETURN** - to the woman you already are in every other aspect of your life. This is your year to treat your health like you do everything else that matters in your life.

WHO You Must Show Up As In 2026

In order to become the leader when it comes to your weight, health & fitness - this year needs to be different.

Not because you're trying harder, but because you're leading better.

Write the version of you - you're ready to step into:

- She... (how does she show up?) _____
- She no longer...(what do you ditch?) _____
- She enjoys...(how is your life?) _____

Quarter 1: January - March

FOCUS: Lose 2-3 Stone

Your Top 3 Non- Negotiable Actions This Quarter

- 1.
- 2.
- 3.

This is where we convert your body into a fat burning machine - making losing weight and keeping it off easy and effortless.

Quarter 2: April - June

FOCUS: Keep Progressing & Handle Resistance

Most Likely Obstacles to Plan For:

- 1.
- 2.
- 3.

*This is where you learn to respond rather than react.
To keep going without needing things to be perfect.
To be consistent - perfectly imperfect.*

Quarter 3: July - September

FOCUS: Living The New YOU

How you navigate weekends, special occasions, holidays and busy times at work with poise.

- 1.
- 2.
- 3.

This is where you are in control, not just when you clear the decks - but regardless of what is happening inside your often hectic life.

Quarter 4: October - December

FOCUS: Bossing It - On Your Terms

How do you use this new version of you to positively impact others?

1. Who else would you like to lead?
2. How will You 2.0 serve others?
3. Why has this year been important to you?

This is how your future self best serves others.

Final Note:

This year is going to hold - not because it's perfect, but because *you are leading it*.
You don't need to micromanage your meals or smash the gym every day.
You need a method that moves *with your life* - not against it.

Start here. Stay here. The rest follows.