



Fresh Start: With Purpose





Welcome to your January Mission!

Decluttering is more than tidying up—it's about clearing distractions to make space for what truly matters.

By aligning your goals with purposeful actions, you'll create clarity, growth, and peace of mind. Each step you take releases what no longer serves you, building a foundation for a focused, fulfilling year ahead.

The next pages will guide your journey. Use it to reflect, declutter, and align your goals for a purposeful start to this New Year!



Week 1

Reflect on last year resolution...

What was your resolution last year?

How did that go?



Week 1

What were your wins and challenges?

Write down three things you achieved last year:



Week 1

What's one moment from last year that made you feel proud, and why does it matter?

What is one thing you'd like to improve this upcoming year?



Week 2

Write down one clear and specific goal you want to achieve this upcoming year.

Choose one word or phrase to summarize your new goal.



Week 3

Define your goal's purpose this year: Why does it matter to you?

List 3–6 smaller, simple steps that will help you reach your new goal.



Week 3

Establish a system that works, like a journal or habit app, to track your progress. What would you use?

What is one small action you can start today toward your new goal?



Week 4

Collect inspiring pictures or quotes and pin them where you'll see them daily.

Write down an inspiring affirmation related to what you want to achieve next year.

Place your new affirmation somewhere visible.



