

Luke Webb Coaching

Past, Present, Future

A coaching guide to 2026.



Introduction

Days into weeks, weeks into months and months into years. Time flies fast and it is easy to get stuck into routines. This guide helps to break down 2025, taking forward the positives and the lessons learnt to help build a more supportive and sustainable 2026.

When completing this guide, make sure you are in the right mind and space and give yourself around 60 minutes to complete. Search deep and leave no stone unturned, write or type your thoughts to help build a better 2026.

Enjoy!

The Past

What three things have you learnt about yourself in 2025?

What have been your top three challenges in 2025?

What three skills have you developed in 2025?

What is the one thing you wanted to do but didn't achieve in 2025?

Who would have been proud of you in 2025 and why?

The Present

What are your goals for 2026?

In Work

In Health

In Relationships

What would you like to do for yourself?

Who is missing from your life at this time and why?

The Future

What three options do you have for meeting your career goals?

1) _____

2) _____

3) _____

Highlight the one that appeals to you the most.

What three options do you have for meeting your health goals?

1) _____

2) _____

3) _____

Highlight the one that appeals to you the most.

What three options do you have for meeting your relationship goals?

1) _____

2) _____

3) _____

Highlight the one that appeals to you the most.

Who are you going to spend more time with this year?

Consider how you are going to connect?

Now!

Sit quietly and Imagine yourself in January 2027 and these goals are complete!

What is life like for you?

Where are you living?

Who is around you?

What are you feeling?

What have you achieved?

Describe the feelings you are experiencing.

Write down the details.

Mission Complete!

Now is the time to get moving and take a step towards achieving these goals.

If you want to take your plan to the next level, log onto www.lukewebbcoaching.com and lets connect.

Thank you for your support and see you soon.

Luke Webb