WELCOME

MORE LIFE IN 2027

A LIFE PLANNING WORKBOOK

Less pressure to become someone new.

More intention to experience the life you have.

More connection. More opportunity. More joy.

This workbook belongs to:

A Roots of Healing Wellness guided experience

Reflect honestly. Plan realistically. Leave room for possibility.

HOW TO USE THIS WORKBOOK

Your year, your definition

There is no perfect way to build a meaningful life.

01 REFLECT

Look at 2026 without judging yourself.

02 NOTICE

Identify what supported or limited your quality of life.

03 IMAGINE

Choose experiences and relationships worth making room for.

04 PLAN

Consider time, money, care, and support before committing.

05 BEGIN

Leave with a practical first-quarter plan.

A reminder

You do not have to share any reflection aloud. Your plan is yours.

LOOKING BACK

2026: The life I lived

Celebrate what mattered. Notice what you want to change.

What moments made me feel most alive?

What did I accomplish, survive, learn, or discover?

What kept getting postponed, and why?

What am I grateful for, and what am I ready to release?

QUALITY OF LIFE

My quality-of-life check-in

Circle a number for each area: 1 = needs attention, 5 = feels strong.

Connection & belonging	1	2	3	4	5
Joy & recreation	1	2	3	4	5
Rest & personal time	1	2	3	4	5
Financial breathing room	1	2	3	4	5
Physical well-being	1	2	3	4	5
Emotional well-being	1	2	3	4	5
Purpose & identity	1	2	3	4	5
Opportunity & exploration	1	2	3	4	5

Which two areas would most improve how my everyday life feels?

Reflection only; this is not a clinical assessment or QOLvita score.

VISION

The life I want to experience

Think beyond goals and achievements. What do you want life to feel like?

Three words I want to describe my 2027:

Who do I want to spend more meaningful time with?

What do I want to learn, explore, or try?

What would I love to have more room for?

What will I stop measuring my worth by?

EXPERIENCES CALENDAR

12 months of more life

Choose one meaningful possibility for each month. Small counts.

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Ideas: a new class, a friend date, a free outing, a family tradition, a day of rest.

MAKE IT POSSIBLE

The reality behind the dream

A good plan accounts for resources, not just motivation.

Experience or goal I want to make happen:

Estimated cost and how I could save for it:

Time needed and where it fits in my calendar:

Childcare, transportation, access, or other support needed:

One lower-cost or easier alternative:

My first action toward making this possible:

FIRST 90 DAYS

January - March: My first steps

Pick three priorities. Keep the actions small enough to begin.

JANUARY

One priority: _____

First action + date: _____

Support I need: _____

FEBRUARY

One priority: _____

First action + date: _____

Support I need: _____

MARCH

One priority: _____

First action + date: _____

Support I need: _____

COMMITMENT

A promise to myself

Let your plan support your life, not become another burden.

By the end of March, I want to have experienced:

When life gets busy, I can make this easier by:

One person or community I can reach out to for support:

My 2027 intention:

More life does not require a perfect life.