

Entrepreneurial Intelligence Goals Worksheet 2026

Finding Focus in a Noisy World

My dear friend,

This is not about setting more goals. It's about creating **space**, alignment, and forward motion — without forcing clarity before it's ready. I encourage you to take some time alone to reflect and consider the following questions. Make notes and perhaps even share your insights with a trusted coach, advisor or friend.

Here's to a vision for 2026 that doesn't fizzle out by "Quitter's Friday" or any other day in the year. Enjoy!

Rebecca

PART I: LOOK BACK TO SEE THE PATTERN

1. Looking Back at 2025

Take a moment to reflect honestly.

- What felt heavy or draining?
- What felt unresolved or incomplete?
- What required more effort than it should have?

 Notes:

2. What Has Stayed with You?

Some thoughts keep returning — that's usually a signal.

- What have you been thinking about for a long time?
- What do you keep ruminating on or scheming about?
- What problem or opportunity, if solved, would give you back some of your life?

What would it give you back?

☐ Time ☐ Energy ☐ Space ☐ Freedom ☐ Focus ☐ Peace of mind

 Notes:

PART II: LOOK FORWARD WITHOUT PRESSURE

3. A Distant View (2027–2028)

Imagine yourself a few years from now.

- How does your work fit into your life?
- What feels lighter?
- What feels more aligned?

You're not predicting — you're orienting.

👉 Notes:

4. What Does *This* Year Need to Be For?

Instead of asking what you want to accomplish, ask:

“What does this year need to *build* in service of that future?”

This year feels like a year of:

☐ Learning ☐ Clearing ☐ Building ☐ Simplifying ☐ Healing ☐ Experimenting

👉 Fill in the blank:

This year needs to be a year of _____.

PART III: FIND YOUR AREA OF FOCUS

5. Your Area of Focus

This is not a list — it's a lens.

- What is one area of focus for the year
(or the next quarter, if a year feels like too much)?
- What focus would reduce noise and create space?

👉 My area of focus is: _____

PART IV: MAKE IT LIVABLE

6. One Small Change

Big intentions don't work without small actions.

- What is one small habit, boundary, or practice you could add?
- What feels doable even when life is messy?

👉 One small change I will experiment with is: _____

7. Capabilities to Build

Progress often stalls because capacity hasn't caught up yet.

What might you need more of?

☐ A skill ☐ A system ☐ Support ☐ Energy ☐ Confidence ☐ Better decisions

👉 Capabilities I may need to build:

- 1.
- 2.
- 3.

PART V: A GENTLE COMMITMENT

8. Your Working Intention

This is not a promise — it's a direction.

👉 Over the next year (or quarter), I am focusing on _____ by committing to _____, while allowing myself to stay open, flexible, and responsive as I learn.