2027 *IS NOT* 2026

What will be different for you?



You know the life you've built better than anyone. Take a fresh look at how it feels to live it. Include what brings you joy, what you want to protect and what you are ready to change.

For each area below, write three short answers:

What feels good? What no longer fits? What do I want instead?

You can use a separate sheet or the notes app on your phone.

Look at seven areas *of your life*

01 Emotional happiness

Where can you be honest about how you feel? Notice the people and situations that leave you feeling cared for, free to be yourself or required to hide part of yourself.

02 Physical happiness

How much room does your life make for rest, movement, nourishment and physical pleasure? What would help you feel more comfortable and at home in your body?

03 Spiritual happiness

What connects you to meaning, faith or a sense of something larger? Consider the practices and spaces that genuinely nourish you, rather than those you maintain only from habit.

04 Social happiness

With whom do you feel connected, appreciated and able to enjoy yourself? Where do you want greater reciprocity, more companionship or a different boundary?

05 Environmental happiness

How do your home, workspace and surroundings affect your days? What would make those spaces more peaceful, beautiful, functional or welcoming to the life you want?

06 Occupational happiness

What do you want from your work beyond being good at it? Look at purpose, income, flexibility, recognition and the room your work leaves for everything else.

07 Intellectual happiness

What are you curious about now? Where would you like to learn, create, explore or have conversations that engage you without needing to turn them into an achievement?

01 NOTICE

Read your answers. Which change keeps coming up? Finish this sentence: "I would enjoy my life more if..." Be specific enough to picture an ordinary day after the change.

02 DECIDE

Choose one change that matters to you. Name the permission you need to give yourself. Then write: "Someone may prefer that I keep things as they are. I am still allowed to..."

03 DO

Choose one action you can take in the next seven days. Put it on your calendar. Name the support you need and prepare one sentence for possible pushback: "I understand this affects you. Here is what I can offer, and here is what I am changing."

My first action is _____

I will take it on _____

I will ask _____ for support.

Continue *with support*



01

H.A.R.M.O.N.Y.

H.A.R.M.O.N.Y. offers eight weeks of group coaching for making changes across your life.

Explore H.A.R.M.O.N.Y.

02

Individual Bliss Intensive

An Individual Bliss Intensive gives you focused private time for a particular issue or decision.

Explore the Individual Bliss Intensive

You can apply directly to either.