



SigSoog

Letting Go and Letting Come

Lead with Intention

A 2025 Year-End Reflection and 2026 New Year Strategy Practice

Welcome

Dear Friend,

Almost every morning, a few minutes after 6:00 AM, my friend Isabelle and I meet on Zoom to meditate together. We've been doing this for three and a half years now.

Sure, we could each meditate alone. But there's something about practicing together—even through a screen—that feels different. The accountability helps, yes. But more than that, there's a quality of presence that emerges when two people show up for the same intention at the same time. Something that can't be replicated in solitude or by AI, no matter how advanced it becomes.

This is what I've learned after nearly 30 years of coaching leaders: **the best transformations happen in relationship.**

Not in isolation. Not through willpower alone. But through the gentle, persistent practice of showing up—for ourselves and with others who are committed to the same journey.

This guide is designed to help you do that kind of showing up. It's based on a powerful concept called "Letting Go and Letting Come"—the idea that before we can invite something new into our lives, we must first release what no longer serves us. We must let go to make space for what wants to emerge.

Part 1 will guide you through letting go—reflecting on 2025 with honesty and compassion.

Part 2 will help you let come—creating intentions for 2026 that align with who you're becoming.

How to Use This Guide:

- Set aside quiet, uninterrupted time—this isn't something to rush
- Answer honestly, not perfectly
- There are no wrong answers, only your truth
- Be kind to yourself throughout this process

This isn't just another planning exercise. It's an invitation to lead your life—and your work—with intention.

Let's begin.

With love,
Ayelet

Part 1

Letting Go

Reflecting on 2025 with honesty and gratitude

Your Legacy in 2025



Before You Begin: Take a moment to review your 2025. Look through your calendar, scroll through your social media posts, or browse your photos from the year. What memories surface? What moments stand out? This simple practice will help you remember more than you think you do.

When you look back at 2025, what do you want to remember most? Not just what you accomplished, but who you were and how you showed up in the world.

What IS your legacy for this year?

Write your reflections here...

How did you feel throughout 2025?

Write your reflections here...

What values did you embody?

Write your reflections here...

Your Wins

Take a moment to celebrate what went well this year. Big victories and small moments of pride—they all matter.

What were your biggest wins this year?

Write your reflections here...

What did you do and who were you being that helped you get there?

Write your reflections here...

What were your proudest personal moments (with family, friends, or yourself)?

Write your reflections here...

What values did you honor?

Write your reflections here...

What surprised you about what you accomplished?

Write your reflections here...

What do you learn about yourself from these accomplishments? How would you like to implement these learnings in the coming year?

Write your reflections here...

Important Decisions

The choices we make shape who we become. Reflect on the decisions that mattered most this year.

What were the most important decisions you made this year?

Write your reflections here...

Which decisions are you most proud of?

Write your reflections here...

What did these decisions teach you about yourself?

Write your reflections here...

Challenges & Growth

Our struggles often teach us more than our successes. What challenged you this year, and what did you learn?

What stretched you the most this year?

Write your reflections here...

How did you handle it?

Write your reflections here...

What did this teach you?

Write your reflections here...

Gratitude

Gratitude isn't just a nice-to-have—it's a practice backed by neuroscience. Studies show that regularly reflecting on what we're grateful for strengthens neural pathways associated with well-being, resilience, and positive emotions. It literally rewires your brain for greater happiness.

But gratitude isn't just something we give to others—it's also something we need to give ourselves. Think about how you feel when someone expresses genuine gratitude for you. That warmth, that sense of being valued. You deserve to feel that from yourself too.

Who made a difference in your life this year? Who supported, challenged, or inspired you?

Write your reflections here...

What moments are you most grateful for?

Write your reflections here...

What are you grateful to yourself for? What efforts, growth, or courage do you want to acknowledge in yourself?

Write your reflections here...

Practice: Write Two Gratitude Letters

Letter 1: Write a gratitude letter to someone who made a difference in your life this year. Be specific about what they did and how it impacted you. Consider sending it to them.

Letter 2: Write a gratitude letter to yourself. Appreciate your efforts, your growth, your resilience. Acknowledge what you've done and who you've been this year. Read it aloud to yourself.

What Are You Ready to Let Go?

Before we can invite something new, we must release what no longer serves us. This is the heart of "letting go"—making space for what wants to come.

As you move into 2026, what are you ready to release?

What habits, limiting beliefs, or patterns don't serve you anymore?

Write your reflections here...

What relationships or commitments need to shift or end?

Write your reflections here...

What are you holding onto that's preventing you from moving forward?

Write your reflections here...

What would become possible if you released these things?

Write your reflections here...

Who will you become when you release this?

Write your reflections here...

Stop, Start, Continue

As you transition from 2025 to 2026, what needs to change?

STOP	START	CONTINUE
What should you stop doing?	What should you start doing?	What should you keep doing?

Looking at your answers above, what patterns do you notice?

Write your reflections here...

Ritual: Physically Let Go

Consider creating a small ceremony to release what you've identified. Some people write what they're letting go on paper and then:

- Safely burn it (in a fireplace, candle, or fire pit)
- Tear it up and throw it away
- Bury it in the earth
- Release it into flowing water

The physical act of letting go can be surprisingly powerful.

What ritual feels right for you?

Write your reflections here...

When will you do this ritual?

Write your reflections here...

You Did It!



You've completed Part 1 of this reflection guide.

You've honored your journey through 2025—the wins,
the struggles, the growth, and the lessons.

You've let go.

Now it's time to let come.

Take a breath. You're doing great.

Part 2

Letting Come

Setting intentions for 2026 with clarity and purpose

Discovery Questions

Before setting goals, let's explore what truly matters to you. These questions will help you connect with your deeper intentions—what wants to come.

What do you want more of in your life in 2026?

Write your reflections here...

What do you want less of?

Write your reflections here...

If you could change one thing about your work or life, what would it be?

Write your reflections here...

What would you like your legacy in 2026 to be?

Write your reflections here...

What are you afraid might happen in 2026?

Write your reflections here...

What are you excited about?

Write your reflections here...

Your Word for 2026

Why choose one word instead of making dozens of resolutions?

A single word acts as a **compass** for your year. It's easy to remember, flexible enough to apply to different situations, and powerful enough to guide your decisions. Unlike specific goals that can feel rigid, a word invites you to embody a quality or intention across all areas of your life.

Think of your word of the year as a compass, pointing you in the right direction when you are uncertain. Which resonates the most with you?

These are just suggestions to inspire you—please choose whatever word feels right, even if it's not on the list.

Trust

Courage

Joy

Balance

Growth

Presence

Clarity

Connection

Authentic

Bold

Grace

Focus

Freedom

Play

Love

Purpose

Adventure

Simplicity

Discipline

Open

Resilient

Generous

Mindful

Creative

Calm

Intentional

Curious

Whole

Compass

Seed

Key

Lens

Oasis

Lighthouse

Anchor

Slingshot

My word for 2026 is:



Share your word on social media with #LeadWithIntention

Tag a leader who needs this reflection

Exploring Your Word

Now that you've chosen your word, let's deepen your understanding of what it means for you.

Why did you choose this word? What does it mean to you?

Write your reflections here...

WHEN you fully embody this word, what will your life in 2026 look like?

Write your reflections here...

What would be different in your work AND life?

Write your reflections here...

What actions will follow from this word?

Write your reflections here...

Write the Story of 2026

Imagine it's December 31, 2026. You're looking back on an incredible year. What happened? What did you create? Who did you become?

Write the story of your 2026 as if you're already living at the end of the year, telling us what unfolded. Be specific. Be bold. Let yourself dream.

Start with: "2026 was the year when..."

Write your reflections here...

As you read your story, what emotions do you feel?

Write your reflections here...

What would need to be true for this story to unfold?

Write your reflections here...

Your Home Run for 2026

If you could accomplish ONE big thing in 2026—something that would make you incredibly proud and feel like a home run—what would it be?

Don't overthink it. Don't make it practical yet. Just dream.

My Home Run for 2026:

Write your reflections here...

Why does this matter to you?

Write your reflections here...

What would achieving this make possible?

Write your reflections here...

Your Goals for 2026

"The path to success is to take massive, determined action."

— **Tony Robbins**

But here's what Tony Robbins doesn't always emphasize: massive action doesn't have to mean overwhelming action. The most sustainable change comes from small, compassionate steps taken consistently.

Now that you have your word and your vision, let's translate them into concrete goals.

Before you begin: Look back at what you learned in 2025—especially from your challenges, surprises, and accomplishments. How can you apply these learnings? Choose achievable goals that both stretch you and create healthy discomfort while also allowing you to be kind to yourself.

Why limit the number of goals?

Research shows that people who focus on 3-5 key goals are far more likely to achieve them than those who try to change everything at once. Focus creates momentum. Completion builds confidence.

Choose goals that truly matter—not goals you think you "should" have.

(Mix professional and personal—great leaders know life integration beats work-life balance.)

Goal #1:

Write your reflections here...

How does this connect to your word?

Write your reflections here...

What is one small, compassionate action you can commit to right now to start today?

Write your reflections here...

Goals (continued)

Goal #2:

Write your reflections here...

How does this connect to your word?

Write your reflections here...

What is one small, compassionate action you can commit to right now to start today?

Write your reflections here...

Goals (continued)

Goal #3:

Write your reflections here...

How does this connect to your word?

Write your reflections here...

What is one small, compassionate action you can commit to right now to start today?

Write your reflections here...

The Reality Check

You know the statistics: gyms are packed in January, empty by March. Most New Year's intentions die quietly before February.

Here's why:

- Change requires creating new neural pathways—new habits. It takes an average of 66 days, often closer to a year, to establish them.
- Willpower alone doesn't work—you need systems and support.
- Without accountability, action, and reflection, good intentions fade.
- You're a leader—everyone needs YOUR attention, but who's holding space for you?

Big changes in habits are often easier to create when you break them down into small, manageable steps taken with care and compassion toward yourself. Tiny, consistent shifts tend to last longer than dramatic overhauls.

Growth Mindset: A growth mindset means believing your abilities can develop through dedication and effort—that challenges are opportunities to learn, not proof of failure. With this mindset, setbacks become feedback, and effort becomes the path to mastery.

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

— Dr. Kristin Neff

How will you be kind to yourself in this process?

Write your reflections here...

How will you stay accountable to these intentions?

Write your reflections here...

Who will support you? Who's holding space for you?

Write your reflections here...

What is one system or ritual that will support you?

Write your reflections here...

When will you review your progress?

Write your reflections here...

You Don't Have to Do This Alone

If this reflection stirred something in you, I'd love to continue walking alongside you in 2026.

Here's how we can work together:

→ Accountability Coaching Packages

1:1 sessions to revisit your intentions, deepen your self-awareness, and redesign your strategy as the year unfolds. (4, 6, or 10 sessions available)

→ Reflection & Accountability Circles

Small group spaces to reflect, commit, and grow together in community. A soft landing place for leaders who want to stay connected to what matters. (4 sessions across 2026)

→ 1:1 Transformational Coaching

Deep, personalized work tailored to your unique journey and challenges.



Explore All 2026 Support Offerings

Visit my Work With Me page for complete information on all offerings, dates, and pricing.

View Support Options

**To explore any of these options or
just to say hello:**

Email: magen.ayelet@gmail.com

LinkedIn: [linkedin.com/in/ayelet-magen-a2bb6218](https://www.linkedin.com/in/ayelet-magen-a2bb6218)

Connect and share your word for 2026



Thank You

By completing this reflection, you've already done what most leaders never do: you've created space for intentional growth.

That alone sets you apart.

"Awareness is the first step of change. Action is the second. You've already begun."

If this guide resonated with you, I'd be honored if you'd share it with another leader who might benefit. Leadership can feel lonely—but it doesn't have to be.

And if you'd like a gentle check-in as the year unfolds, you're always welcome to reach out and say, "Can we talk about my word?"



With Love,

Ayelet Magen, PCC

Leadership Coach

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