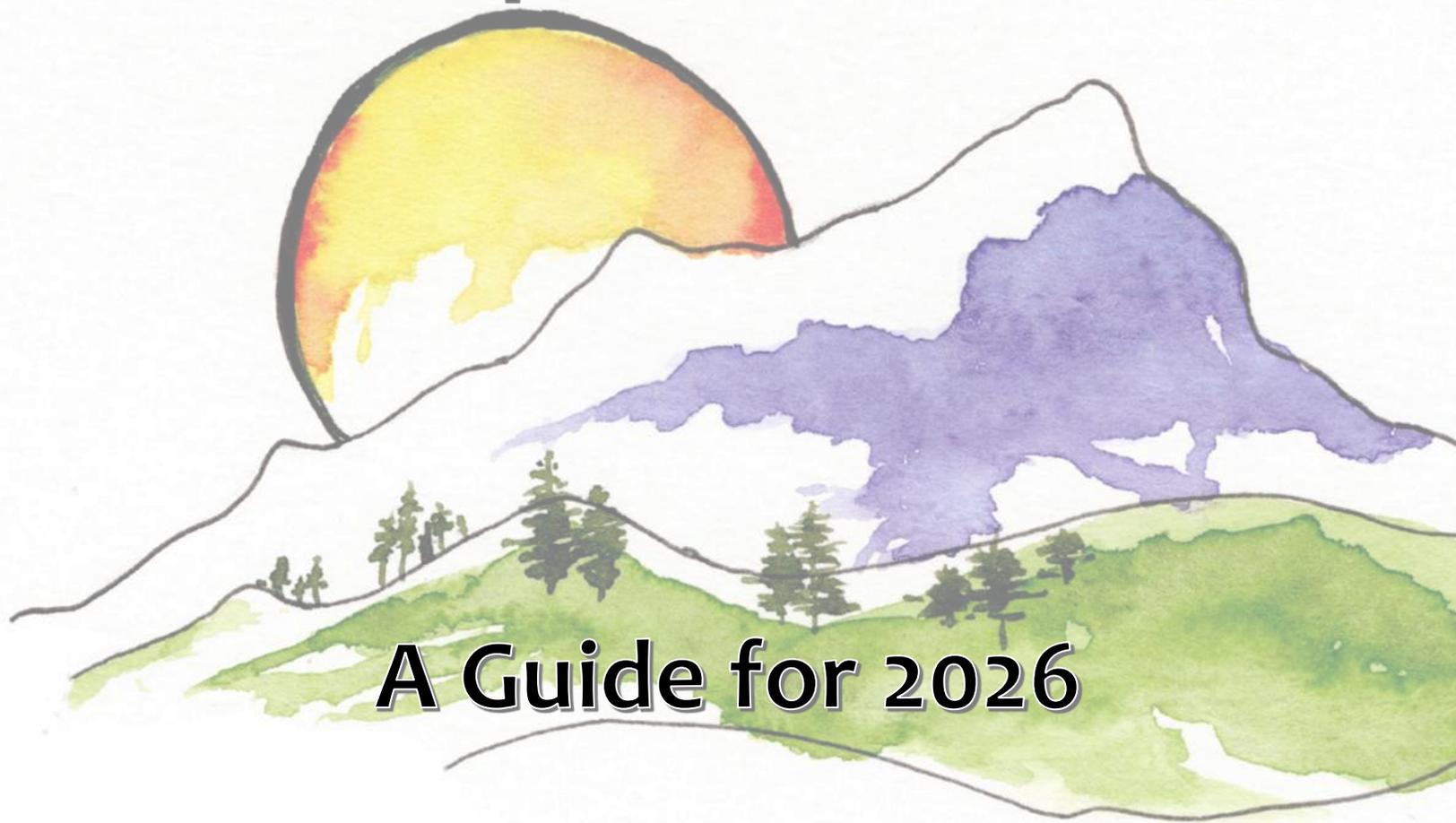


New Horizons: Moving Beyond Self-Imposed Limitations



A Guide for 2026

Welcome!

Thank you for choosing me as your guide through the transition from 2025 to 2026.

In past years, I have led an online yoga retreat. My intention was to do the same for 2026, but I have been going through my own transitions, and the energy did not coalesce for me to hold space. The work of putting together this workbook and the images takes a significant amount of energy.

Instead, I decided to offer this workbook for free and a discount on past retreats, so you still have the choice to move through a practice designed to awaken your energy.

I hope this serves and supports you!

The Liminal: Space Between

We are in the liminal space, the transition from 2025 to 2026. This is the space between where we take time to reflect on the previous year and make decisions/intentions for the coming year.

We are always in the space between – the pauses in the breath, sunrise, sunset, every time we pass through a doorway, dream space, and even the space between moments. We can place emphasis on the liminal space at the end of the year, or we can acknowledge the space between every day.

The real question is whether we choose to take advantage of this time. To paraphrase Mary Oliver, what will you do with these precious moments?

Moving Beyond

In the following pages lies the pathway beyond all self-imposed limitations. Take the time to work through the questions, celebrate the wins, and recognize the patterns holding you back.

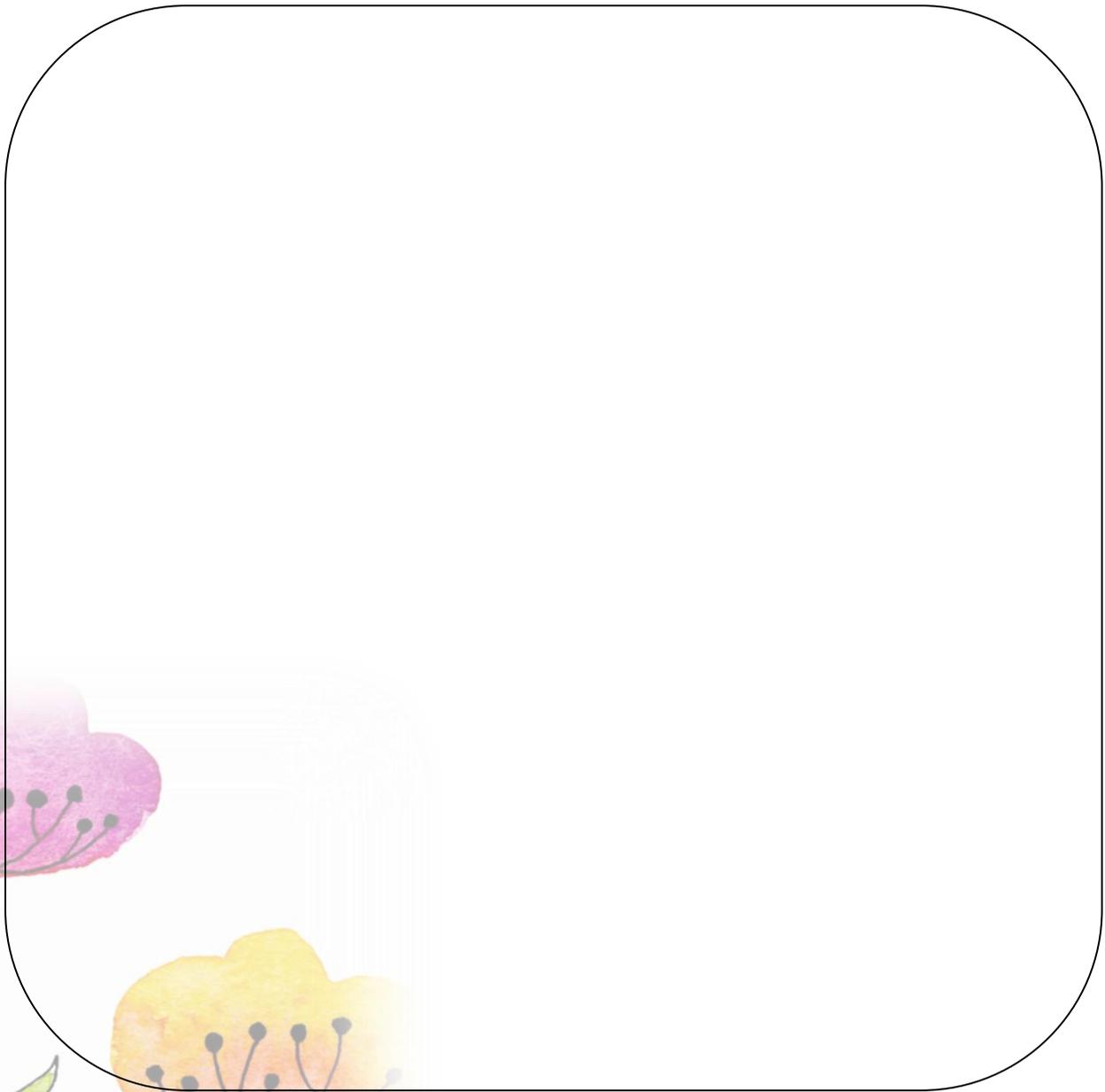
The work of these pages is only the first step. When the route is chosen, the real work begins. Start with getting out of your head by getting into your body. Take on a yoga challenge, a 30-day practice of one or more tools.

Your daily life is sacred; it is the ground where your future takes shape. Start with five minutes, with one practice, and then add more.

2025: A Year in Review

Unprecedented, extraordinary, unparalleled, these words seem so overused these days. But it is not wrong! Life, the world, is continually surprising us with new things, and we are hanging on. We have an opportunity to look back on 2025. There may be some things that we wish to leave in the past as we make our way into the future.

Grab your calendar and a pen and let's take a trip through the past. What was most significant in 2025? Trips, meetings, accomplishments, discoveries, meals, books, albums, laughs, tears, hugs, etc.



Three wise decisions I made:

1. _____
2. _____
3. _____

Three big decisions I made:

1. _____
2. _____
3. _____

Three things I am most proud of and want to savor:

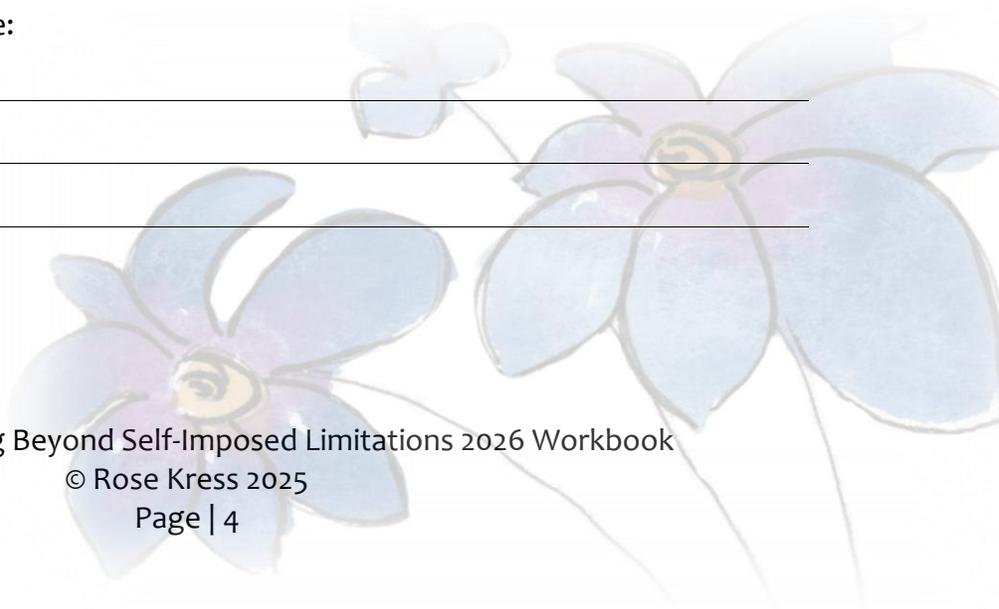
1. _____
2. _____
3. _____

Three big self-discovery/self-awareness moments:

1. _____
2. _____
3. _____

Three people who supported me:

1. _____
2. _____
3. _____



Three people I supported:

1. _____
2. _____
3. _____

Three people who influenced me:

1. _____
2. _____
3. _____

Nine new things I experienced:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Three ways I overcame challenges or struggles:

1. _____
2. _____
3. _____

Three things I want to celebrate:

1. _____
2. _____
3. _____

Three qualities/strengths that I want to enhance and carry forward into 2025:

1. _____
2. _____
3. _____



Things I am thankful for:

A large, empty rounded rectangular box with a thin black border, intended for the user to write their thoughts on things they are thankful for.

Now let's get at those weeds!

What three patterns have weighed you down the most in 2025 that you would like to deconstruct?

1. _____
2. _____
3. _____

How do these patterns weigh you down?

If these patterns did not exist, how would your life be different?

How could you transform these patterns to create something new? Even weeds can support pollinators or make a great salad.

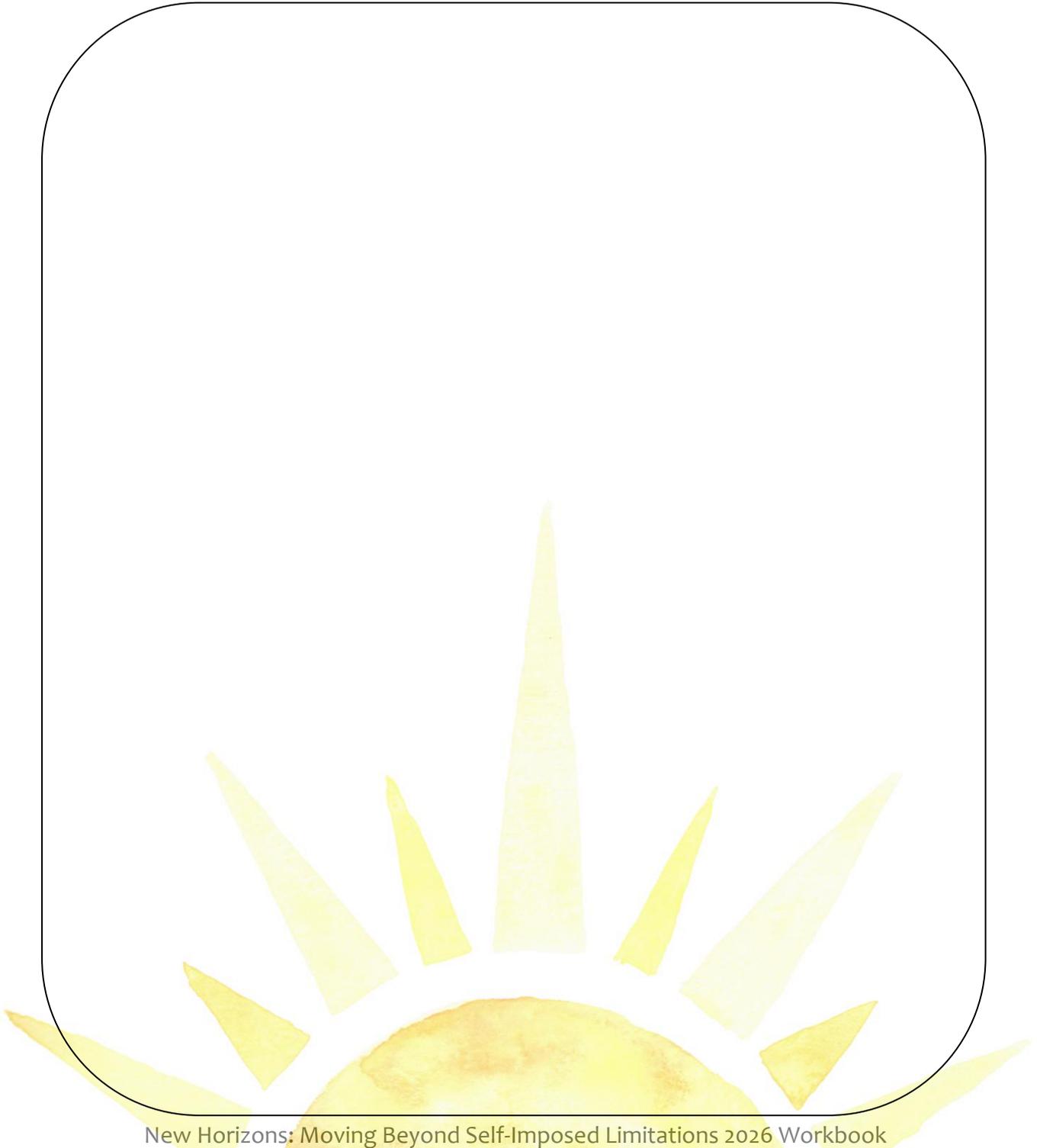
The practice of releasing constricting patterns is not about letting go, instead it requires creating something new. Let it be something enticing that draws you away from the constriction, but not so enticing that the new pattern becomes a constriction.

What are three NEW patterns would you like to instill that will REPLACE the old constricting patterns?

1. _____
2. _____
3. _____

Ritual Letting Go:

Fill the space below with all the things you want or need to let go. Tear the paper into pieces and offer each piece to a flame, as though offering it to the fire of the sun. Use a candle in a pot, or an actual fire. Just be careful! Don't set fire to your space just to get rid of something!



Forgiveness is the precious ingredient needed for moving on. The person you most need to forgive is yourself. Yes, people have hurt you and done awful things. You can forgive them in your heart and maybe even to their face. But real forgiveness needs to happen within you.

If it were possible to be perfect, someone somewhere would have achieved it. Until such a time, when some perfect being makes no mistakes, you are allowed to make them.

For what do you need forgiveness from this past year? What have you been punishing yourself for that you are ready to let go of and move on?

Say to yourself:

“I know you did the best you could in that moment with the tools you had. I forgive you and I love you.”

Repeat often and as much as necessary. Like everything else, forgiveness is a practice.



Clear Your Space with Practice

What seeds are you ready to plant?

How will you tend the garden of your heart?

What practices, breaths, poses, or techniques did you experience benefit, or enjoyed?

- 1.
- 2.
- 3.

Do you see yourself continuing these practices? If so, where, when, and how often?

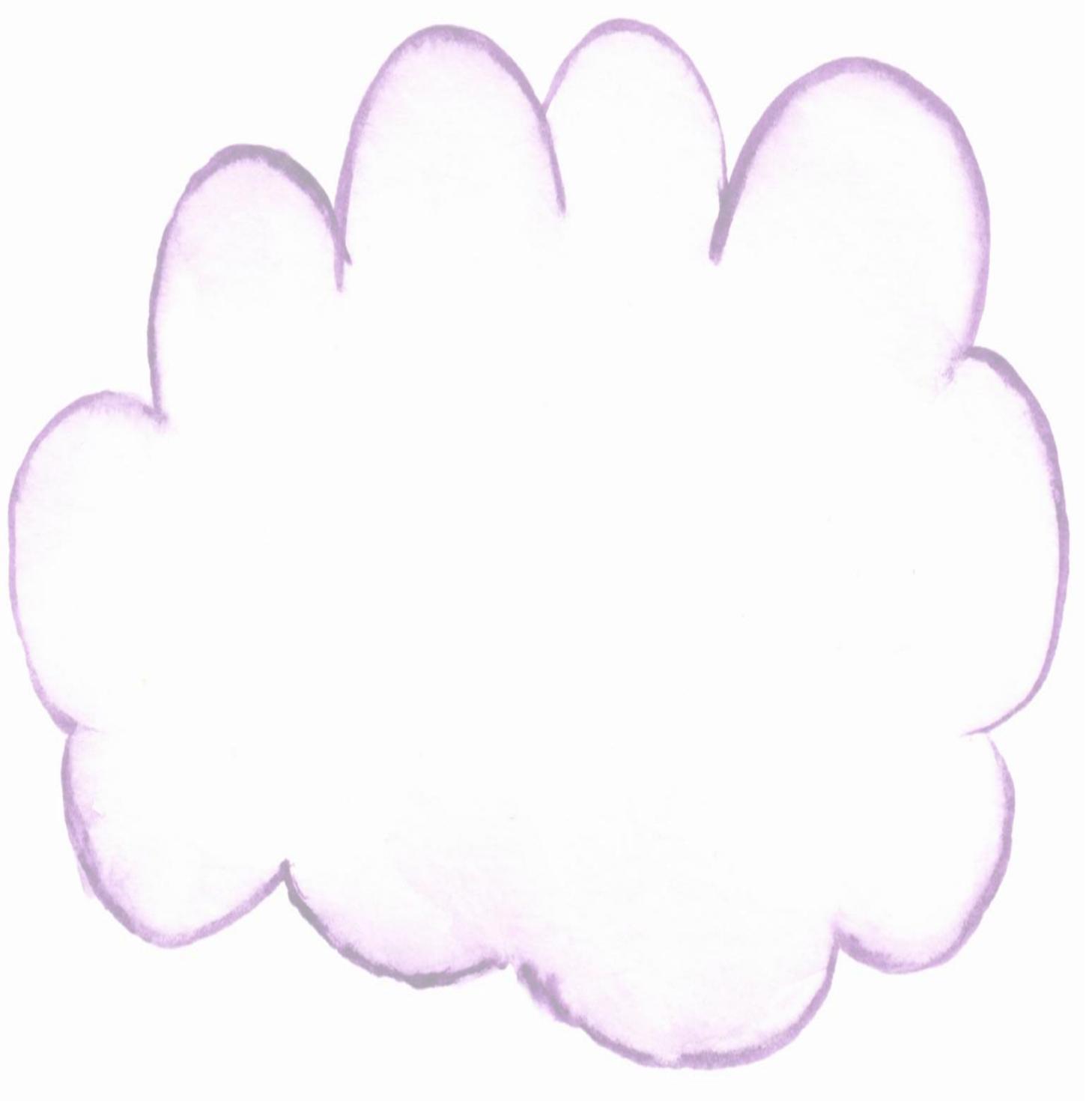
- 1.
- 2.
- 3.

As you reflect on the practices, is there anything else that you would like to build into a daily practice?

How will you remain committed to your practice?

2026 Vision

Use this space to dream up the horizons to which you are sailing in 2026.



2026: The Year Ahead

You are on the threshold of the life of which you dream. Get clear on where you are going in 2026 and who helps you find your way.

Three patterns you are cultivating this year:

1. _____
2. _____
3. _____

What three dreams are your nourishing this year:

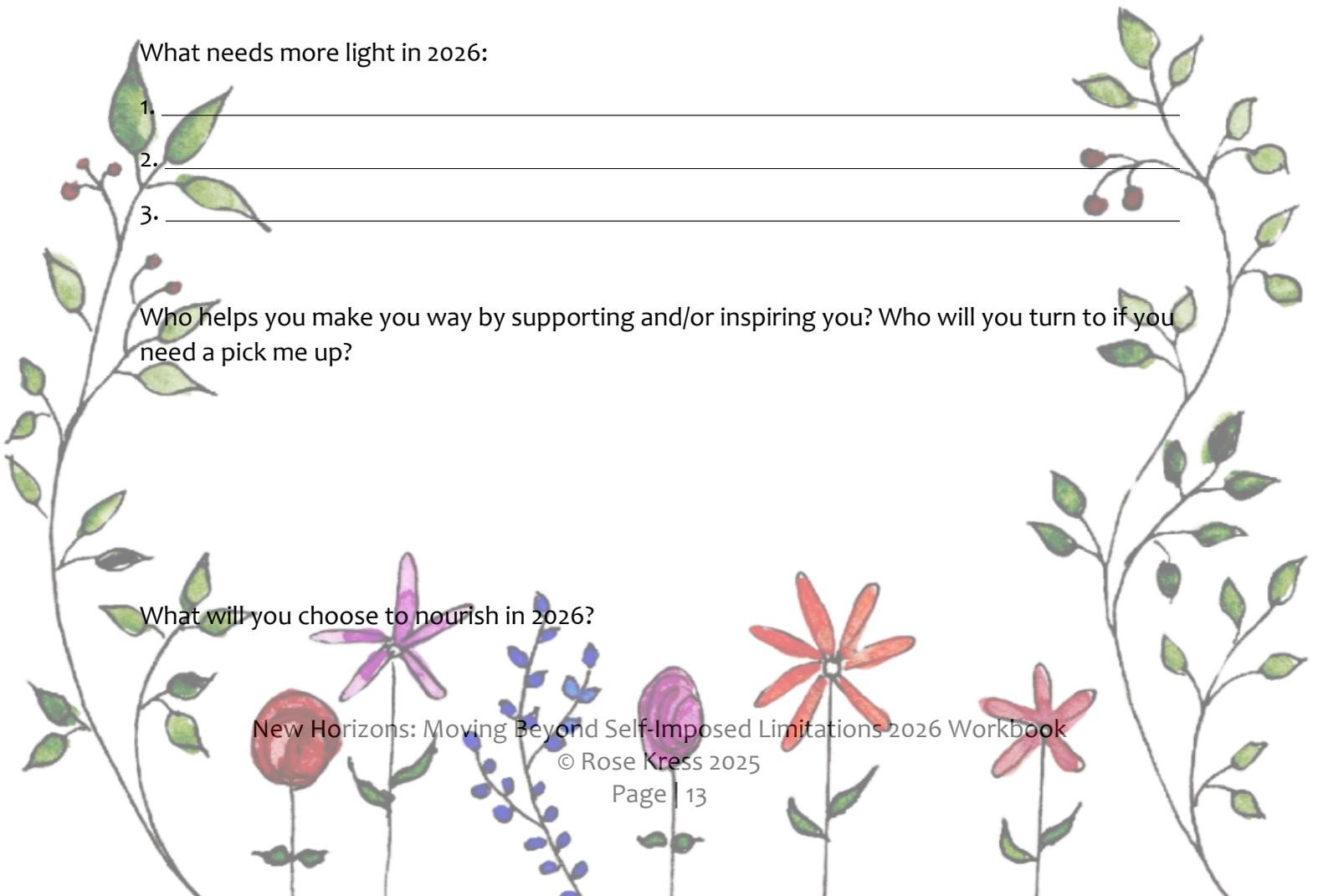
1. _____
2. _____
3. _____

What needs more light in 2026:

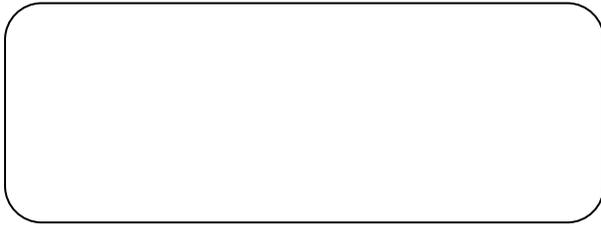
1. _____
2. _____
3. _____

Who helps you make your way by supporting and/or inspiring you? Who will you turn to if you need a pick me up?

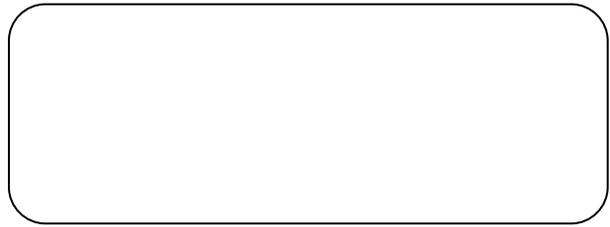
What will you choose to nourish in 2026?



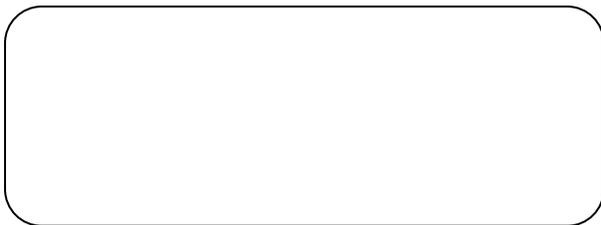
Personal Life



Work, profession, studies



Home, personal space



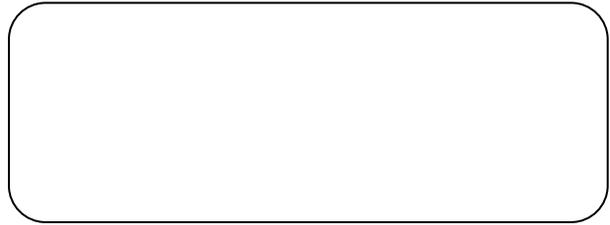
Relaxation, hobbies



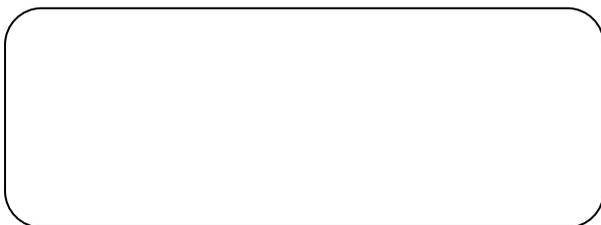
Friends and community



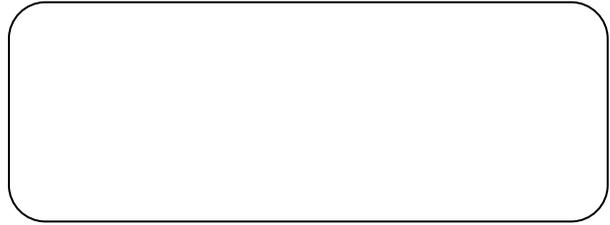
Health and fitness



Spiritual Life



Financial



The Magic of Triplets

Three things I will love about myself:

Three people who will be my pillars of support and confidence:

Three things I will dare to discover about myself:

Three things I will do to start my day:

Three things I will nourish myself with:



2026 Nuts & Bolts

Commitments I am making to myself:

My daily trips to my garden begin with:

I will keep my growth on track by:

Ways that I will support myself when I feel like I have “failed” at my practice (remember, fail means First Attempt In Learning):

Affirmations to Support Your Journey

I am a work in progress. When I get distracted from doing the things that work best for me, it is my reminder of why I started doing those practices in the first place.

I love and accept myself as I am while I enhance the aspects of myself that bring me the most ease, peace, and joy.

I affirm my commitments to myself every day. When I don't feel like practicing, I reach out and ask for help.

Thank you for allowing me to guide you through this journey.

If you would like more support, including a personalized daily program, please reach out to me, rose@yogafordepression.com. I do one-on-one sessions in person and online.

With deep gratitude and blessings for an abundant New Year!

Rose