

Free Mindful Beginnings checklist

A gentle guide to start 2026 with intention, not pressure.

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Before You Begin: Schedule 60 minutes of quiet time for yourself this week.

Gather a journal, a pen, and light a candle if you wish.

Step 1: The Sacred Pause ("Where am I?")

- Find a quiet space. Silence your phone.
- Journal Prompt: "What from this past year truly nourished my soul?"
- Journal Prompt: "What consistently drained my energy?"
- Breathe. Acknowledge your journey without judgment.

Step 2: Release with Love ("What am I letting go?")

- Write it down. On a small piece of paper, complete this sentence: "I am ready to release my attachment to..."
- Speak your truth. Hold the paper and say: "Thank you for your lessons. I release you with love."
- Let it go. Safely burn or tear up the paper as a symbolic act of release.
- Feel the space. Sit for a moment in the new emptiness you've created.

Step 3: Discover Your Guiding Word ("What is my compass?")

- Look at your "nourished" list. What was the common feeling?
- Listen for the whisper. What one-word quality does your soul crave most for 2026?
- Test it. Does the word make you feel expanded, not contracted?
- Claim it. Write your Word of the Year here:

MY WORD FOR 2026: _____

Step 4: Craft Soulful Intentions ("What is my direction?")

- Use your Word as a guide. (e.g., If your word is Nourish, an intention could be: "I intend to nourish my mind with inspiring content.")
- Keep it positive & present. Frame it as "I intend to..." not "I will stop..."
- Write 2-3 intentions that feel gentle and inspiring:
 1. I intend to _____
 2. I intend to _____

Step 5: Create Your Morning Anchor ("What is my tiny daily thread?")

- Choose one 5-minute action that connects you to your Word.
- Make it stupidly simple. (e.g., 3 deep breaths, writing your Word in a planner, sipping tea mindfully).
- Commit to the first 30 days of 2026. Consistency builds the path.
- My Morning Anchor is: _____

★ A Final Note for Your Journey

This checklist is a map, but you are the traveler. There is no "perfect" way to do this. If you miss a day, simply begin again with the next breath. Your mindful beginning is always available, right here, right now.

Want to dive deeper? Read the full step-by-step guide on the blog: [Link to Your Blog Post]

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