



Closing out a year is about reflection—not judgment—and setting up a clear, realistic direction for the year ahead. Progress doesn't come from perfection; it comes from awareness and intentional next steps. Like we've said 1,000 times, the byproduct of what we want most is a reflection of our system to get it; not motivation, hope, and high wishes. Take 10–15 minutes this week to walk through the steps below. Write them down. Keep it simple. This is how we build momentum going into the new year.

We'll build these goals around three questions:

1. What still eats at me that I wanted to do, but didn't do in 2025 (**REGRET**)?
2. What was 1 thing I changed and found a ton of value out of changing (**KEEP**)?
3. What are some thing(s) I'm doing, but either don't need to do or isn't serving you in any fashion at all (**LEAVE**)

Here's five steps to consider as you head into the new year to make the absolute MOST out of it.

Step 1: Reflect on the year honestly

Ask yourself:

- What habits worked well for me this year?
- Where did I struggle most?
- What did I learn about my nutrition, training, or lifestyle?
- What am I proud of NOT doing and how can I carry that over into 2025?
- What did I keep wishing I did less of and how can I leave that behind in 2026?
- What did I wish I would've made more time for and what changes need to happen to do that more in 2026?

Step 2: Identify 1–2 wins you're proud of

These can be big or small. For example: better consistency, better protein intake, improved energy, fewer binges, better recovery, less alcohol. Wins matter because they show what's *already working*. These should fall under the things we want to **keep**.

Step 3: Choose one primary focus for the new year

Instead of doing everything at once, pick one main goal:

- Fat loss
- Performance



- Consistency
- Health markers
- Relationship with food

The **number one** mistake I see people make is trying to do too much at one time. Instead of improving some of them, they improve none! It would be better to have a sequential game plan that sets you up for success by having a step-wise and systemized process.

We're big fans of setting a banner goal for each quarter of the year to really get the focus we sometimes need for measurable success. Consider the three questions above as you build these goals. ***What do you wish you would have done?*** Hike a mountain? Maybe the training goal here for quarter 1 and 2 can reflect that.

Step 4: Set 2–3 process-based goals

Think behaviors and habits, **not** outcomes. Remember, the byproduct of your goal is a reflection of your *system*, not motivation and hope:

- “Hit protein at every meal”
- “Plan dinners 3x per week”
- “Fuel training days intentionally”
- Get 12,000 steps in every day.
- Workout 3x/week.

These are actions you have 100% control over. Hard as we might try, the reality is we have 0% over some outcomes.

Step 5: Decide what you're leaving behind

Old habits, unrealistic expectations, all-or-nothing thinking. Progress accelerates when we stop carrying what doesn't serve us.

I think many people get hung up on creating goals in a new year because it seems like so many things to do. Things that take more time, energy, and focus. ***For most of us, however, we need to do LESS- not more- to make our lives look more like what we want in 2026. It will likely be a weight lifted off of your shoulders to read that.***

- Clarity beats complexity.



- Complexity kills compliance.
- What gets measured, gets managed.

You most certainly can go through the year bouncing around like a pinball lost in a pinball machine in a side corner of an old pizza joint **or** you can have a goal and make it everything you want it to be.

If you'd like help turning these reflections into a clear plan, bring them to our next check-in. This is exactly what coaching is for.

Proud of the work you put in this year—let's build on it.

Kyle