

# 2025 Annual Phelps Planning Meeting

# 2026 THEME

[Insert theme]

## 2026 Annual Planning Meeting

Insert Date

### PART 1: LOOK BACK (45–60 min)

*(Some solo reflection → share together)*

**Individual (10–15 min)** Answer briefly, gut-level:

Partner 1

- What *actually* went well this year?
- What didn't go well, and why?
- What surprised me about myself?
- What habits or systems helped me most?
- What drained me more than it should have?
- How have my priorities shifted this year?
- Is there anything I'm still doing that no longer fits this season?

Partner 2

- What *actually* went well this year?
- What didn't go well, and why?
- What surprised me about myself?
- What habits or systems helped me most?
- What drained me more than it should have?
- How have my priorities shifted this year?
- Is there anything I'm still doing that no longer fits this season?

### Together (30–40 min)

- What brought us the most joy this year?
- What felt heavy or misaligned?
- What moments made us proud as a couple?
- What did we expect to do but didn't?
- What did we learn about:
  - Marriage
  - Parenthood
  - Ourselves under pressure

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## PART 2: MEMORIES (20–30 min) *no overthinking – rapid fire*

- Best surprise
  - Best meal
  - Favorite weekend
  - Coolest new experience
  - Favorite new city
  - Favorite new emotion
  - Favorite walk
  - Favorite day
  - Most intense week
  - Best moment of intimacy
  - Favorite artist / song / quote
  - A moment you'll still talk about in 10 years
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## PART 3: LOOK AHEAD (45–60 min)

Discuss together:

- What would we do this year if we wanted 85-year-old us to be miserable?
  - What would 85-year-old us wish we did more of?
  - What makes our *normal* days good?
  - What reliably makes days go badly?
  - What do we think is productive but actually isn't?
  - What *is* productive that we undervalue?
  - What do we want more of this year?
  - What do we want less of?
  - What conversations do we need to have this year (with each other or others)?
  - What habits are we starting?
  - What habits are we stopping?
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## PART 4: DESIGN THE YEAR (30–40 min)

Together:

- Ideal **normal day** (not perfect day). Write it.
- Big rocks for 2026:

- Family rhythms
  - Travel (rough outline)
  - Budget adjustments needed for the year
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## **PART 5: GOALS & INTENTIONS (20–30 min)**

**Partner 1:**

- **Personal/Spiritual**
- **Health**
- **Work**
- **Creative**

**Partner 2:**

- **Personal/Spiritual**
- **Health**
- **Work**
- **Creative**

**Together:**

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## **CLOSING QUESTION (10 min)**

At the end of 2026, a “good year” means:

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