



THE PROGRESS OVER PERFECTION 2026 WORKBOOK

A goal setting workbook to support you and your family to live and aligned and intentional year.





Welcome!

You deserve to have goals that aren't constantly pushed aside by the needs of everyone else.

This workbook is a chance to pause, reflect and reconnect with what you want, while still being realistic about the season of motherhood you're in.

Through a rhythm of review, planning and scheduling, you'll build confidence and see your progress more clearly. You'll create your own personalised plan to move you toward your goals that bring energy, joy and fulfilment to you and your family.

This is your permission to prioritise yourself a little more, one step at a time.

Rhianna

2025 Review

What was your word for the year in 2025, if you had one? How have you embodied this so far?

How can you embody your word of the year over the rest of 2025?

What were your goals for 2025?

What goals have you accomplished?

What goals are you still working on?

What goals are no longer relevant?
(Write them here as permission to yourself to move on)

2025 By Month

Thinking of each month of the year, write down the big moments, the ones you are proud of, the fun times, things you've learnt. Anything you want to reflect on. Tip - Going through your photos or calendar is great to jog your memory!

January

February

March

April

May

June

2025 By Month

July

August

September

October

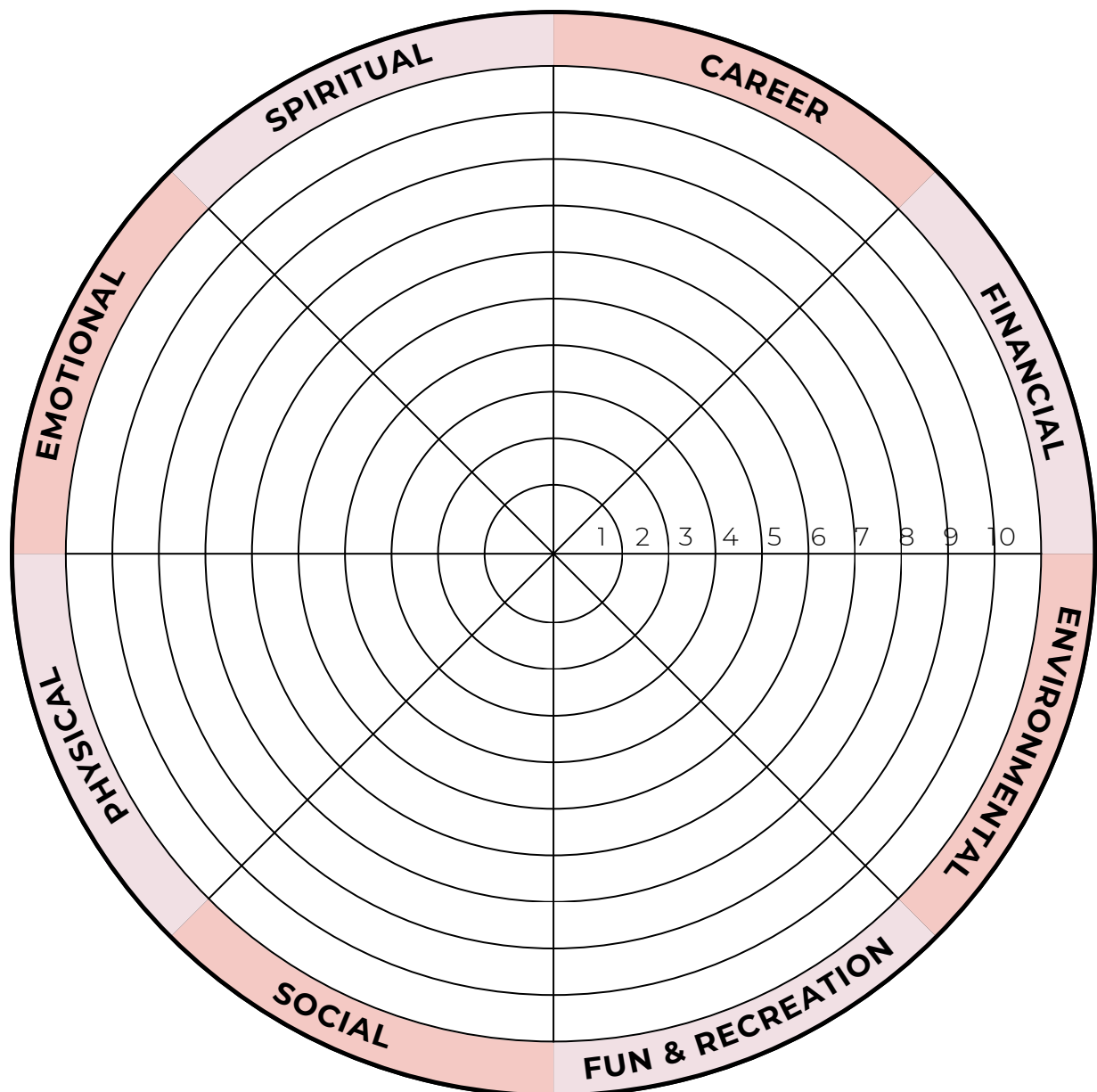
November

December

Wheel of Life

The wheel of life is a simple activity to quickly assess where you are in your life right now and then highlight areas that you may want to focus on in your goal setting. Use it as a guide not a commitment when you do come to goal setting though.

Consider each category (or pie slice) in the table and rate that area out of ten. You can colour in up to the number you pick to give yourself an easy to view life overview.



Brain Dump

Use this page to get everything out of your brain. Ideas you have, trips you want to do, feelings you'd like to embody. No wrong answers.

Word of the Year

Your word of the year should be one that reminds you of your goals for the year. A great idea is to have it stuck to your desk, your mirror or somewhere that you will see every day. Some suggestions are below to get the inspiration flowing!

- | | |
|---------------|-------------|
| • Ease | • Calm |
| • Steady | • Nurture |
| • Clarity | • Release |
| • Grace | • Strength |
| • Balance | • Rise |
| • Enough | • Devotion |
| • Simplify | • Trust |
| • Presence | • Soften |
| • Align | • Expand |
| • Grounded | • Mindful |
| • Flow | • Organised |
| • Focus | • Peace |
| • Gentle | • Renew |
| • Restore | • Build |
| • Intentional | • Confident |
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My word of the year for 2026 is:



Ideas for Goals

Write down on this page, anything and everything that comes to mind in terms of your goals. At this point, try not to worry about the practicalities and number you write down - we'll refine it later.

Consider the areas on the wheel of life: Emotional, Physical, Social, Fun & Recreational, Environmental, Financial, Career & Spiritual.

Q1
Jan, Feb, Mar

Q2
Apr, May, Jun

Q3
Jul, Aug, Sept

Q4
Oct, Nov, Dec

Quarterly Planning

Now you have your goals for the year and have assigned them to a quarter, we need to break them down further. At the start of each quarter, work through these pages and assign your tasks to each week.

Goal	Tasks
Eg. Declutter the house	- Sort through the kids clothes - Declutter tupperware cupboard

Scheduling

Even the most meaningful goals won't move forward without a plan so it's time to look at how to actually making time for them.

"Fail to plan = plan to fail" may sound cliché, but it's a reminder that progress rarely happens by accident. As Mum's we all know that creating a rigid timetable often is not the best approach as your plans can change at the drop of hat due to sickness, childcare falling through etc. It's about designing a structure that works with your life, not against it.

Next we are going to start assign tasks to particular weeks. I like to start by looking at each of the 3 months of the quarter. Note any key dates like family commitments, appointments, school events, or holidays. Then you can see where your time and energy will naturally go. With some of the leftover spaces, carve out pockets of space that could become your goal time. It doesn't need to be hours at a stretch; even 15–20 minutes of focused time adds up over the month. I like to 'book' in goal working sessions as if they were appointments as seeing goal time scheduled helps you take consistent, realistic action.

Now take the tasks and assign them to each week of the quarter. You can do this on the next two pages or directly in your calendar blocks. You can still keep these a little higher level at the moment and then plan the granular tasks when you plan your week out. I.e. Choose birthday party venue vs breaking down into research, contacting for available, booking etc.

At the end of this workbook, you'll find a blank monthly planner, a habit tracker, a task tracker plus mid-quarter and end of quarter reflection prompts to support your goals too.

Weekly Planning

Assign each task to a week in the quarter, again consult your calendar and try to plan around particularly busy weeks.

Week	Tasks
1	
2	
3	
4	
5	
6	

Weekly Planning

Assign each task to a week in the quarter, again consult your calendar and try to plan around particularly busy weeks.

Week	Tasks
7	
8	
9	
10	
11	
12	

Inspiration

Motherhood has a way of shining a light on perfectionism. You want to do everything right . But chasing perfection often leaves you feeling behind, not ahead. The truth is, meaningful progress rarely looks perfect. It looks like trying again after a messy morning, taking one small step even when you're tired or changing the plan because life happened.

Remember that you can still move forward, even when it's not pretty or precise. Progress doesn't come from doing it all, it comes from doing what matters, with compassion for yourself along the way.

Common Perfectionist Traps & Helpful Reframes	
If I can't do it properly, I won't start.	Starting small is still starting. Consistency matters more than perfection.
I've already fallen behind — what's the point?	Every day is a fresh start. Progress can begin again anytime
I should have done more by now	You're doing enough. Growth is happening, even when you can't see it yet
Other mums seem to manage more than I do	Comparison steals joy. Your journey and capacity are uniquely yours.
I have to do everything myself	Asking for help is a strength, not a weakness.

Progress is better than perfection.

Tiny steps still count.

My worth isn't measured by
productivity.

I can pause without giving up.

I am creating calm and alignment,
one day at a time.



Mid-Quarter Check In

What has been working well?

What needs adjusting?

Where can I simplify?

What support do I need?

End of Quarter Reflection

Did I achieve my goals or move meaningfully toward them?

How do I feel compared to the start?

What new habits or insights do I take forward?

How am I going to celebrate my progress?

Month:

MON	TUE	WED	THU	FRI	SAT	SUN

TO DO LIST

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NOTE

Habit Tracker

WEEK _____
OF:

HABIT	(M)	(T)	(W)	(T)	(F)	(S)	(S)
01	☐	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐	☐	☐
08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES

Daily Planner

DATE _____

TOP PRIORITY

1

2

3

4

5

IMPORTANT REMINDERS

PLAN OF ACTION

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

MEAL PLAN

BREAKFAST

LUNCH

DINNER

WATER INTAKE



NOTE TO SELF

Thank you

Thank you for taking the time to go through this 2026 goal planning workbook. I hope that you feel like your goals are more in reach and have a plan ready to go!

I'd love to hear what your goals are - DM on Instagram @RhiannaJones.Co

Need more support?

If you want more personalised support I offer 1:1 coaching sessions to help you achieve your goals, work through hurdles amongst other support. [Drop me an email](#) and we can discuss the options available.

