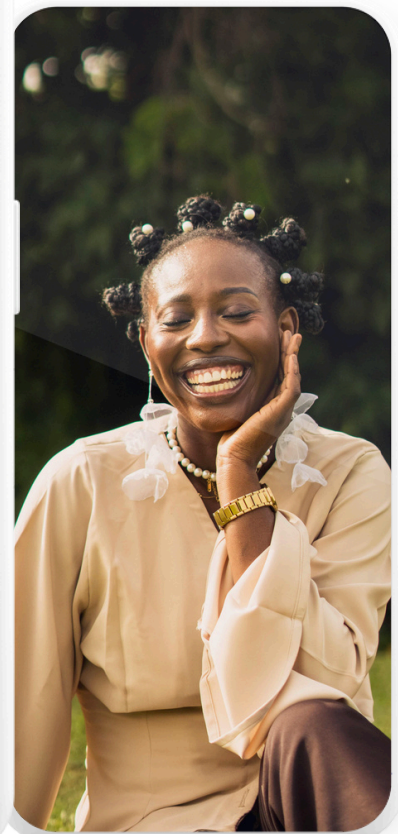


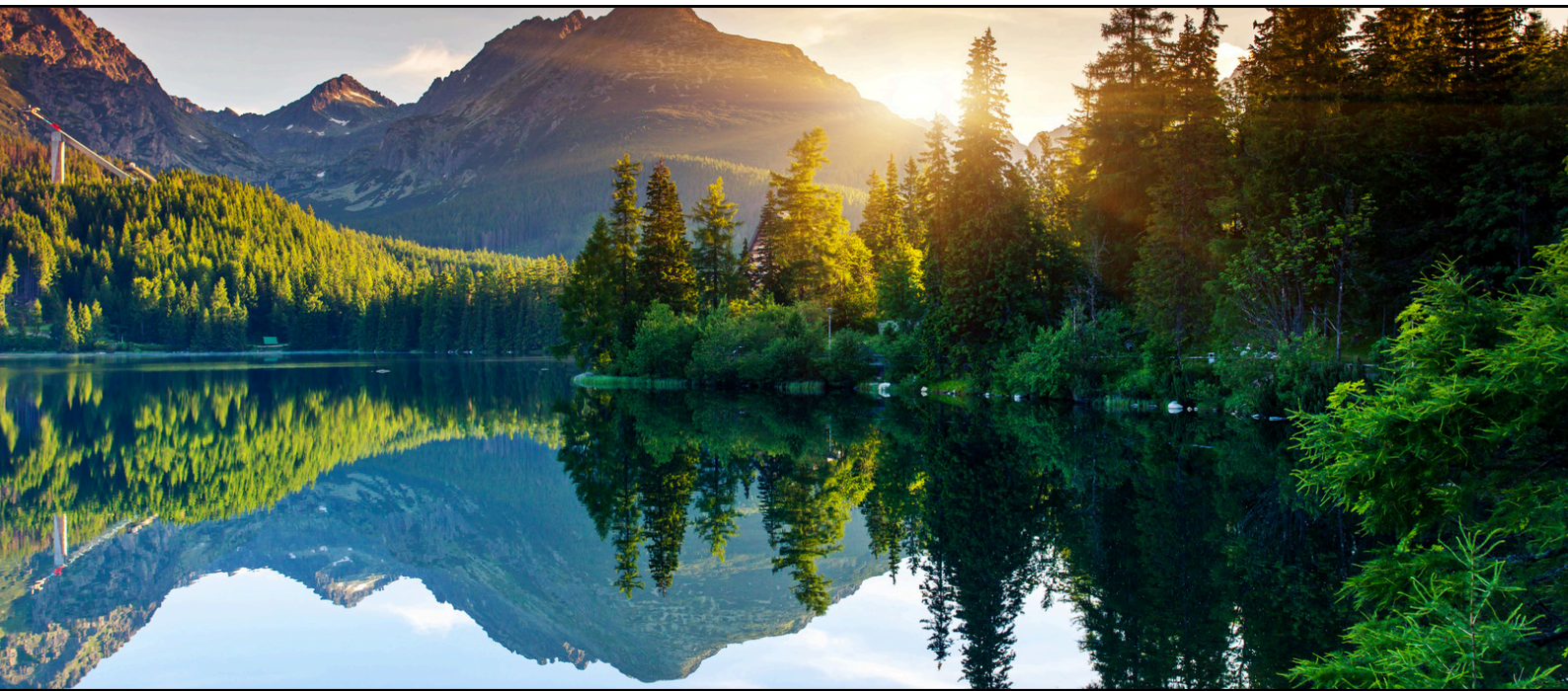


*A VISIONING JOURNEY - HERKY CUTLER*

# ***STOP PLANNING. START LISTENING.***

*A smarter way to shape 2026*





*I'm genuinely glad you're here.*

# Welcome!

*If you're reading this guide, chances are you felt a little nudge — maybe curiosity, maybe restlessness, maybe a quiet 'there has to be a better way than this.'*

*This is not another goal-setting exercise. You've probably done plenty of those.*

*This is something different.*

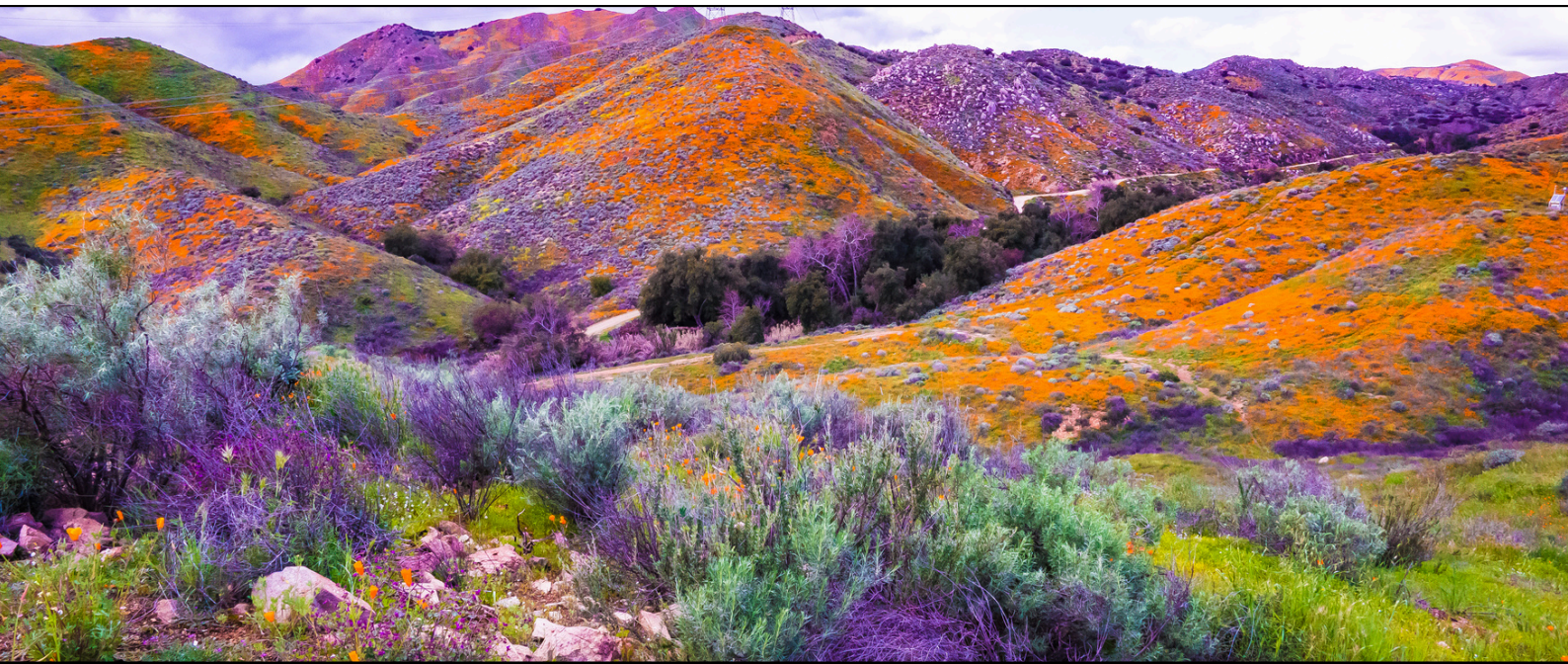
*This is an invitation to pause before the year pulls you forward.*

*To slow things down just enough to actually hear yourself think — and feel.*

*Most people don't struggle because they lack discipline or ambition.*

*They struggle because they're chasing plans they're no longer connected to.*

*This process isn't about fixing your life or reinventing yourself. It's about listening.*



*About noticing what matters now — not last year, not five years ago, not what you think should matter.*

*There's no pressure here.*

*And you won't find anyone telling you who you need to become.*

*What you will find is space.*

*Room to reflect on your whole life — not just work, not just goals, not just outcomes.*

*And a way to move into 2026 that feels intentional, human, and honest.*

*Take your time with this. Skip around if you need to.*

*Write messily. Change your mind. Come back to things later.*

*There's no finish line here.*

*Just a conversation — between you and the year ahead.*

*Are you ready?*



*It's an honour for me to be your Guide on this journey.*

*I've spent my career working with leaders, practitioners, and educators — people who make decisions, and support others every day.*

*And I've noticed the same pattern repeat itself. Capable people doing their best — yet feeling disconnected from the plans they're working to execute.*

*We talk a lot about goals, outcomes, and performance.*

*But we don't always create enough space to listen — to ourselves, to each other, or to what's changing.*

*This project grew out of that realization.*

**Stop Talking. Start Listening.** *isn't about doing less or lowering standards.*

*It's about creating clarity before action.*

*Alignment before effort.*

*Trust before control.*

*This reflects how I approach my work:*

*Less enabling, more empowering;*

*Less noise, more intention;*

*Less pressure, more honesty.*

*My hope is that this experience supports you not just in shaping 2026, but in strengthening something far more important — your ability to listen, reflect, and lead with purpose.*

*Thank you for trusting me and being here...*

***Herky Cutler***

# ♥ Part One

## Grounding & Intention

### **How to Use This Guide (Important)**

*This is not a productivity tool. It's a listening tool.*

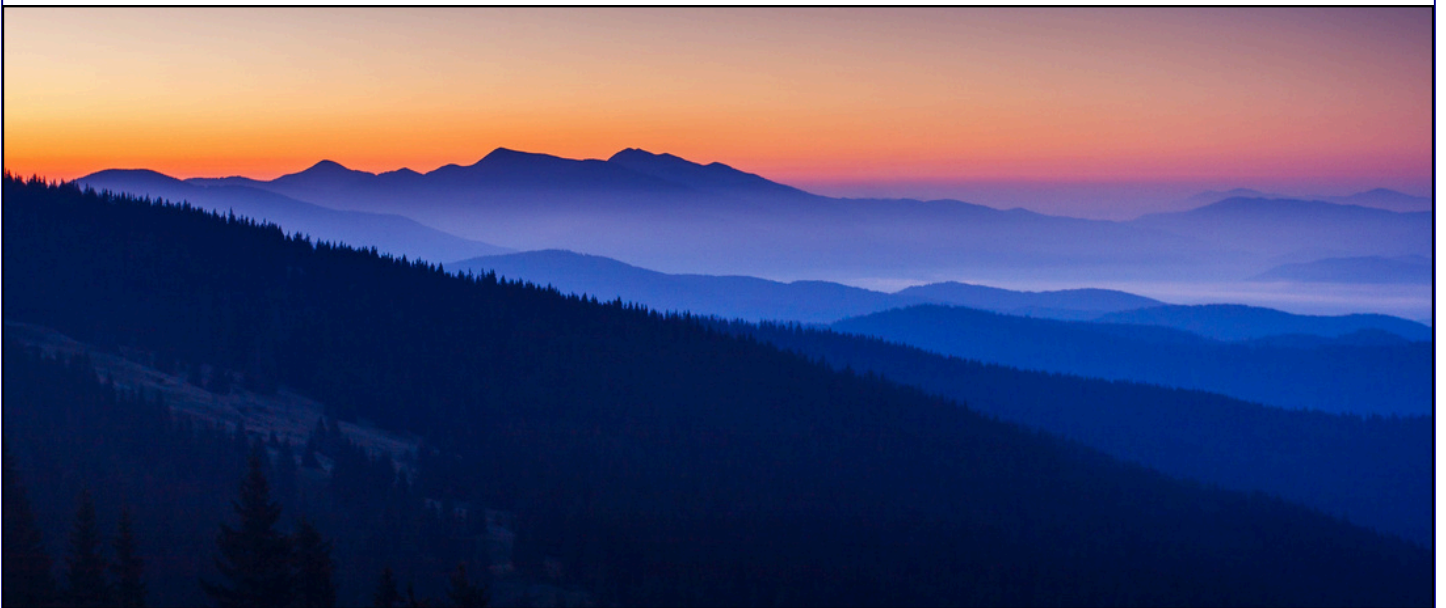
*Write from the heart, not the head*

*Answer in images, feelings, words, sketches, metaphors*

*There are no wrong answers*

*Come back to this quarterly (or when life nudges you)*

*If you catch yourself analyzing, measuring, or justifying—  
pause, breathe, and return to **what you want to feel and  
experience.***



# ♥ Part One

## Grounding & Intention

### **Arrival Question**

*Before thinking about 2026, take a breath and complete:*

***Right now, my heart is feeling...*** (Write freely. No editing.)

01

04



# ♥ Part One

## Grounding & Intention

### *Your Guiding Intention for 2026*

*Instead of a theme or word, choose an intention that feels alive.*

*In 2026, I want my life to feel like...*

*Optional prompts:*

*A season (spring, harvest, deep winter).*

*A rhythm or pace.*

*A place.*

*A colour, song, or image.*





# Part Two

## Whole Life Visioning

### *Emotional & Inner Life*

*When 2026 is going well...*

*I often feel:*

*I have more of:*

*I have less of:*





# Part Two

## Whole Life Visioning

### *Heart Desires (no logic allowed)*

*Barriers I sense (emotional, internal, old patterns):*

*Supports I want to invite in:*

*People:*

*Practices:*

*Reminders:*

*Wins to Notice (even small ones):*





# Part Two

## Whole Life Visioning

### *Physical Well Being & Energy*

*In my body, 2026 feels like:*

*Energy level:*

*Relationship with rest:*

*Relationship with movement:*

*What my body is asking for more of:*

*What it's asking for less of:*





## Part Two

# Whole Life Visioning

### Set Gentle Goals (non-punitive):

*Wish*

*Why it matters*

*Timeline*

*Barriers*

*Signs it's working*






# Part Two

## Whole Life Visioning

### *Relationships & Connection*

*The kinds of connections I want more of in 2026:*

*How I want to show up in my relationships:*

*Relationships I want to nurture or heal:*

*Boundaries my heart needs:*

*Wins & moments to celebrate:*





## Part Two

# Whole Life Visioning

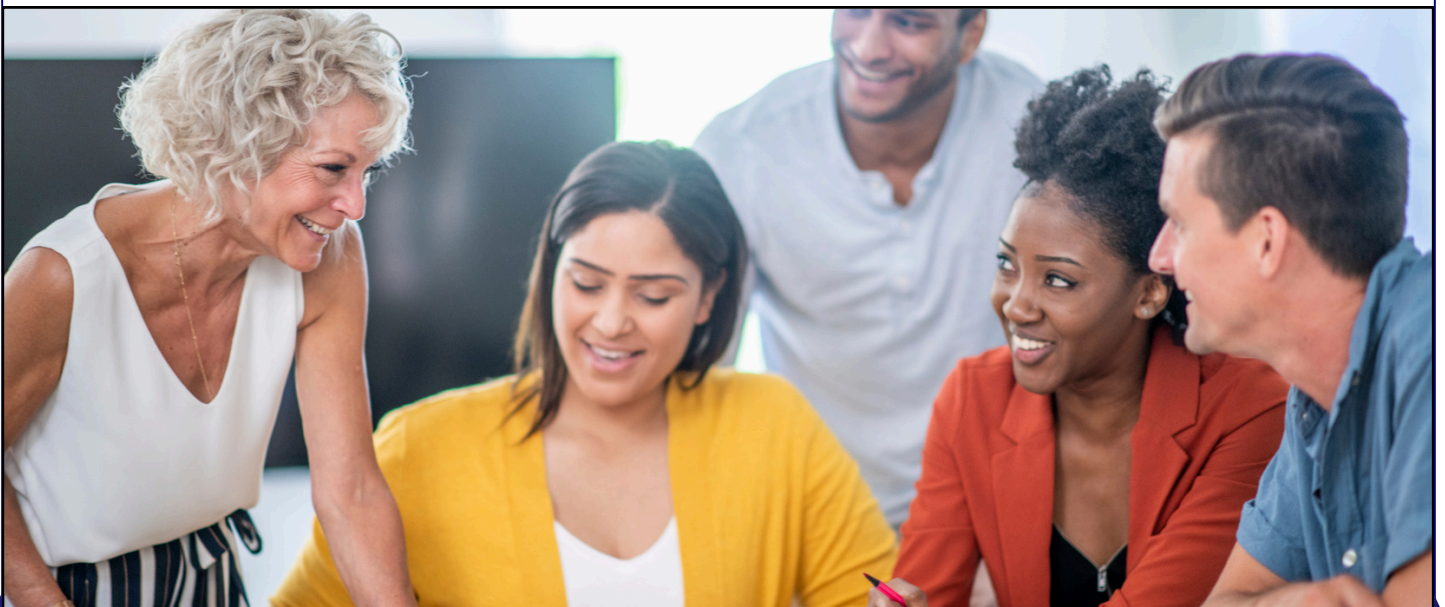
### **Purpose, Work & Contribution**

*(Work, volunteering, creativity, leadership—all welcome here)*

*When I imagine my days in 2026, I am mostly:*

*The impact I want to have (big or small):*

*Old stories I'm ready to loosen:*





## Part Two

# Whole Life Visioning

### Purpose, Work & Contribution

<i>Wish/ Dream</i>	<i>How It Serves Me Or Others</i>	<i>When I Hope To Feel Progress</i>	<i>Barriers</i>	<i>Evidence Of Success</i>





# Part Two

## Whole Life Visioning

### *Creativity, Play & Joy*

*In 2026, joy shows up as:*

*Things I want to do just because they light me up:*

*If play had more space in my life, it would look like:*

*Barriers to joy (time, guilt, permission):*

*Tiny joys I can notice weekly:*





## Part Two

# Whole Life Visioning

### Money & Resources

(No spreadsheets, no shame)

My current emotional relationship with money:

In 2026, I want money to feel like:





## Part Two

# Whole Life Visioning

### Money & Resources - Heart Based Financial Wishes

<i>Wish/ Dream</i>	<i>Why It Matters</i>	<i>Timeline</i>	<i>Emotional. Barriers</i>	<i>Signs Of Alignment</i>





# Part Two

## Whole Life Visioning

### Environment & Lifestyle

*Spaces that support me in 2026 feel:*

*Changes I long for (home, location, schedule, pace):*

*What I want my days to have more room for:*





# Part Three

## Integration & Tracking

### Heart Check-Ins (Quarterly or Monthly)

**Date:**

*Right now my life feels most aligned in:*

*Right now my life feels tender or off in:*

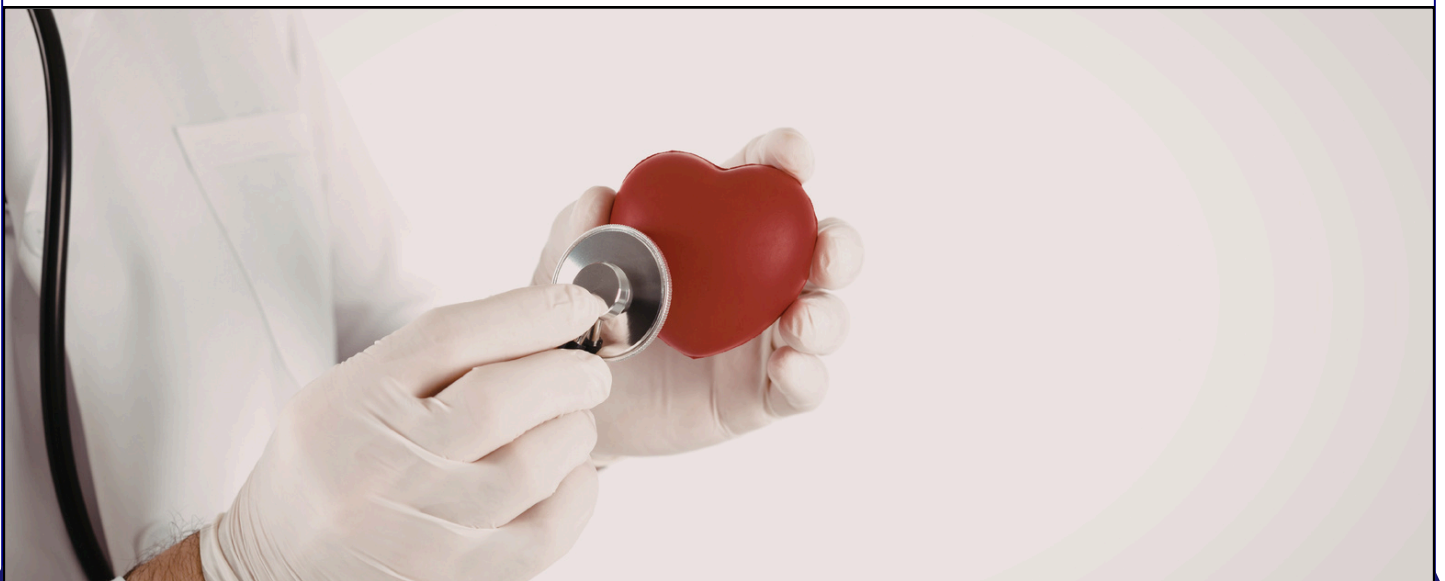
*One small adjustment my heart is asking for:*

**Date:**

*Right now my life feels most aligned in:*

*Right now my life feels tender or off in:*

*One small adjustment my heart is asking for:*





# Part Three

## Integration & Tracking

### Heart Check-Ins (Quarterly or Monthly)

**Date:**

*Right now my life feels most aligned in:*

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**Date:**

*Right now my life feels most aligned in:*

*Right now my life feels tender or off in:*

*One small adjustment my heart is asking for:*





# Part Three

## Integration & Tracking

### **Wins & Evidence Jar**

*(Write these as they happen—especially the quiet ones)*





# Part Three

## Integration & Tracking

### **Compassionate Barriers Log**

*(Instead of fixing, get curious)*

*What came up?*

*How did it feel?*

*What did I learn?*

*What I'll do differently*





# Part Three

## Integration & Tracking

### **Compassionate Barriers Log**

*(Instead of fixing, get curious)*

*What came up?*

*How did it feel?*

*What did I learn?*

*What I'll do differently*





# Part Four

## Closing Declaration

### **Complete This Slowly...**

*In 2026, I am committed to living in a way that honours...*

*Even when things are messy, I choose to remember...*



focus on gratitude



*Thank you!*

*For taking this journey with me. It's been an honour to be your Guide...*

*Be kind to yourself. Walk slowly, but intentionally. Take risks. Be true to your heart. Love deeply. Help others. Love yourself. Honour the past. Live in the moment. Don't worry about the future...*

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