



• Worksheet

The Rise Reflection

Make 2026 Your Year to Rise

A Simple, Powerful Year-End Reset

Before you step into a new year, take a moment for yourself. No pressure. No judgment. Just honesty, clarity, and possibility.

Last year shaped you—in ways you saw and in ways you didn't. This reflection is your reset. Your chance to acknowledge what was, release what no longer serves you, and step forward with purpose.

"The only thing that's keeping you from getting what you want is the story you keep telling yourself."

- Tony Robbins

● THE RISE REFLECTION WORKSHEET

Use these prompts to gain clarity and reconnect with the part of you that knows you're meant for more.

The Past Year

1. What are you most proud of—even if no one else saw it?

2. What did you tolerate that cost you more than you realized?

The Year Ahead

3. Who do you want to become this year? (3 words only)

4. What would your life look like if you were actually living as that person?

The Gap

1. What's prevented you from achieving this in the past? (Limiting Belief)

2. What story have you been telling yourself that's kept that gap in place?

What Needs to Change

3. What's the ONE pattern you're finally ready to break?

4. What needs to END for you to rise?

Your Rise Begins Here

Reflection creates awareness. **Action creates transformation.**

You just identified where you are and where you want to be. Now what?

The Time to Rise Summit is where insight becomes momentum. Three days to turn these answers into an actionable plan—with Tony, world-class experts, and a community of people who refuse to settle.

January 29-31. Virtual. Intimate. Transformational.

The gap between who you are and who you're becoming? That closes with decision and action.



Register for Time to Rise Summit

TimeToRiseSummit.com ↗

Your next chapter starts the moment you choose it.