

BRAVE

Directing Change



2025

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**NEW YEAR
NEW YOU**

YOUR 2026 TOOLKIT

NEW YEAR, NEW YOU.

Welcome to 2026.

The beginning of a new year is the perfect time to introduce small but powerful changes to boost your focus, wellbeing and personal growth.

We're not talking early morning runs, carb free plates or weight-loss pens (no shame!). We'll instead be talking about micro changes you can make with minimal disruption and maximum gain.

4 SMALL HABITS 6 BIG SKILLS

In this toolkit we'll share **4** small, yet incredibly simple habits that can help you make the changes you need to welcome in the new you.

We'll also show you the big **6** from our L&D Trend Report when it comes to skill development for the year ahead. Remember, you heard it here first 😊

GET GROUNDED

**Choose one tiny daily ritual
that grounds you.**

Not a habit. **A ritual.**

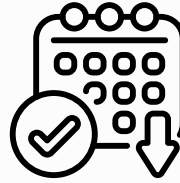
Something repeatable that sends signals to your brain triggering a positive thought or action.

I'm here, I've got this, I'm choosing myself today.

A few examples to get you started:

- 60 seconds of calm as you get into the car
- Writing 3 big things you'll get done each day
- Journalling at the end of the day
- A 90-second stretch
- A Gratitude list as you brush your teeth
- A "micro-reset". Phone down, breathe deep

MONTHLY THEMES



Choose a monthly theme instead of a fixed resolution.

Banish the fixed goals and go **flexible**.

Resolutions often die because they're rigid.
Themes evolve with you.

Examples to inspire you:

- January: Clarity
- February: Connection
- March: Energy
- April: Boundaries

A theme gives you direction without self-punishment. It also lets you adapt as life shifts which is far more realistic and equally important, compassionate.

EATING WELL



**The daily fuel
that stabilises
your energy**

Balanced meals affect:

- Steady energy
- Mood stabilisation
- Brain function
- Motivation



WATER



**The simplest
performance
enhancer**

Hydration affects:

- Concentration
- Memory
- Physical stamina
- Mental sharpness

SLEEP



**The foundation of
self-control
& clarity**

Good sleep affects:

- Focus
- Emotional regulation
- Decision-making
- Mental sharpness

MICRO AUDITS



Audit both the journey and your progress.

This is not a life audit. Not a vision board. Just a **10-minute** check-in asking brave questions to keep you on track.

Examples to inspire you:

- What gave me energy?
- What drained me?
- What surprised me?
- What do I want more of next month?

This tiny, yet effective practice builds self-awareness but without the heaviness of “fixing yourself.”

It's a way of staying in regular conversation with who you're becoming, but doing it gently, consistently, and without judgement.

DEVELOP YOUR SKILLS



Focus on your skillset for the future.

~~Old me.~~ **New me.**

The simple habits we've referred to in this toolkit help you get something incredibly useful.

Clarity.

That allows you to focus on the skills you want to develop to keep you motivated, relevant and on top of your game.

A few examples to get you started:

- Get a mentor
- Read a book
- Join a webinar
- Volunteer for a stretch project
- Book a development workshop

THE BIG 6 SKILLS FOR 2026

We've already called out what we think will be the BIG 6 Skills for 2026. You can read the Trend Report [here](#).

You can see the topics we're recommending for growth in the diagram below. Any one of these great self development opportunities will help you on your journey towards the new you.

EMOTIONAL INTELLIGENCE



Develop your social and empathy skills.

PROBLEM SOLVING



Learn to find the different way.

WORKPLACE BOUNDARIES



Protect yourself and your time whilst still performing.

SYSTEM THINKING



Learn to look holistically at complex situations.

ETHICAL DECISION MAKING



Learn to do the right thing, not the easiest thing.

HUMAN CENTRIC COMMUNICATION

Level up the way you interact with others.



DON'T DELAY



Procrastination is a future you blocker.

Now is the time to get started.

There's always going to be something else that needs your attention.

You're always going to be busy.

"I'll do it tomorrow" shouldn't apply to you and your own development.

The easiest way?

Take one simple step from this toolkit and you've already made progress.

Want help?

Drop us a line, we'd love to hear from you.



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