

L I F E



C O M P A S S

K E N Y A L T D

Helping you create a beautiful life by design

presents

Reflect, Recharge, Reimagine

for

2026

A Gift from Life Compass Kenya

Introduction

This journal is an invitation to live more Purposefully. By discovering your deeper "why," you can align your vision with what truly matters. Life Compass Kenya is honored to present this guide.



You matter, your Purpose matters and your journey matters.

Discovering Your Purpose: A Foundational Exercise

Understanding your Purpose provides the clarity and direction needed to align your actions with your values. Complete the exercise below to uncover deeper insights into your Purpose:

Elements

1. What do I have

- Natural gifts & talents
- My qualities
- Skills – natural or acquired

2. What can I do

- Application
- What service/product
- How can I serve
- Who can I serve

3. Impact

Reflect on your answers and uncover your Purpose. Use it as a compass for your goals and decisions in 2025.



Personal Affirmation Section



Ground yourself in your Purpose by crafting affirmations that align with your values. Speak these with intention each day.

- Example: "I bring value to others by living in alignment with my Purpose."
- Example: "I trust that my unique gifts serve a higher good."

Write your purpose-driven affirmations here:

Example: "I am capable of achieving my dreams, one step at a time."

Example: "I embrace challenges as opportunities to grow."

Example: "I trust the timing of my life and honor my journey."

1. _____
2. _____
3. _____



Gratitude to Self



Celebrate the ways you've shown up for yourself this year. Gratitude strengthens your connection to your Purpose.

What are three actions you took this year that reflect your Purpose?

1. _____
2. _____
3. _____

Reflection Questions for Deep Insight

These questions are designed to help you align each area of your life with your Purpose:

- 1. Purpose**
How clearly do you feel connected to your Purpose?
How can you strengthen this connection?
- 2. Spirituality: :**
What practices help you connect with your deeper “why,” and how can you incorporate them more?
- 3. Emotional Well-being:**
How do you process emotions in a way that reflects your Purpose (e.g., journaling, therapy, practicing gratitude)?
- 4. Mental Clarity:**
What beliefs or thought patterns no longer align with your Purpose, and how will you shift them?
- 5. Physical Health:**
How can maintaining your health enable you to serve your Purpose more effectively?
- 6. Contribution:**
How have your actions positively impacted others?
- 7. Growth:**
What lessons from this year deepen your understanding of your Purpose?
- 8. Legacy:**
What do you want your legacy to reflect about your Purpose-driven life?



Visualization Exercise for 2026

Close your eyes and imagine December 2026. Envision yourself living fully aligned with your Purpose. How does it manifest in your career, relationships, health, and personal growth?

Write your Purpose-driven vision for 2026

Reflect



Sharpening the Four Pillars

Spirituality

Start or end your day with practices that ground you in your Purpose and align your actions with your core values:

- **Morning Reflection:**
Spend 5 minutes in quiet reflection or prayer, asking yourself, "What do I want to embody today that reflects my Purpose?"
- **Evening Gratitude:**
Journal three ways your actions aligned with your Purpose throughout the day.
- **Mindful Presence:**
Practice mindfulness or meditation to connect with your inner self and stay attuned to your Purpose amidst daily distractions.
- **Reading for Inspiration:**
Choose books, articles, or quotes that nourish your spirit and reinforce your Purpose.

Emotional Well-being

Honor your emotions and process them in ways that promote healing and alignment:

- **Emotional Journaling:**
Write about situations that triggered joy, anger, or sadness. Explore the “why” behind your feelings and what they reveal about your values.
- **Gratitude Practice:**
Write three things you're grateful for daily, focusing on how they connect to your Purpose.
- **Emotional Boundaries:**
Identify situations or relationships that drain your energy and create boundaries to protect your emotional well-being.
- **Creative Expression:**
Engage in activities like drawing, singing, or dancing to release emotions in a fulfilling and nonverbal way.

Mental Decluttering through Prioritization

	Urgent	Not Urgent
Important	<i>Do</i> Tasks with clear deadlines and significant consequences if not completed in a timely fashion.	<i>Schedule</i> Tasks with no set deadline but that bring you closer to your long-term goals.
Not Important	<i>Delegate</i> Tasks that need to get done, but don't need your expertise in order to be completed.	<i>Delete</i> Tasks that distract you from your preferred course, and don't add any measurable value.

Use this framework to gain clarity and focus on what truly matters

Physical Health: Physical Health Suggestions

Align your physical health practices with your Purpose by choosing one or more of the following:

- **Yoga:**
To connect with your body and calm your mind.
- **Walking:**
To clear your thoughts and appreciate your surroundings.
- **Exercising:**
To build strength and resilience.
- **Stretching:**
To increase flexibility and release tension.



Intentional movement supports your energy and focus, enabling you to live in alignment with your Purpose.



Goal-Setting Framework for 2026

Use the SMART framework to set goals aligned with your Purpose.

Mentorship Goal

- Specific: Mentor one young professional to help them clarify their career goals.
- Measurable: Meet monthly to review their progress and provide guidance.
- Achievable: Start with one mentee to ensure quality engagement.
- Relevant: Aligns with the purpose of empowering others.
- Time-Bound: Begin in January and complete by December 2027.

Volunteering Goal

- Specific: Volunteer for a local community program supporting underprivileged children.
- Measurable: Dedicate 4 hours monthly to teaching or mentoring.
- Achievable: Balance this commitment with personal and professional responsibilities.
- Relevant: Aligns with the Purpose of creating positive impact.
- Time-Bound: Start in February and continue through December 2027.



Monthly Reflection Prompts for 2026

Check in regularly to stay aligned:

- **January:** How will I align my goals with my Purpose this year?
- **February:** What steps am I taking to deepen my connection to my Purpose?
- **March:** How has living my Purpose shaped my choices this year?
- **April:** What relationships reflect my Purpose, and how can I nurture them?
- **May:** How has my Purpose helped me grow emotionally?
- **June:** How have I used my unique strengths to serve others?
- **July:** What opportunities have aligned with my Purpose this year?
- **August:** How can I improve my work-life balance to better live my Purpose?
- **September:** How have I grown mentally, emotionally, and spiritually to reflect my Purpose?
- **October:** What challenges have strengthened my commitment to my Purpose?
- **November:** How am I preparing to carry my Purpose into 2027?
- **December:** How can I celebrate the ways I've lived my Purpose this year?

Closing Quote

True fulfillment lies not in what you achieve, but in the Purpose you awaken within yourself and others. Legacy begins when you lead a life of intention

- Life Compass Kenya



Final Thoughts

This journal is your guide to living a life centered on Purpose. Every page invites you to reflect, align, and act in a way that brings meaning to your life and to those around you. Together, let's make 2026 a year of Purpose-driven transformation.

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