

Your Priority Plan Worksheet

STEP 1: HOW I WANT TO FEEL

Circle or write your core feeling(s):

- Calm
- Energized
- Focused
- Connected
- Confident
- Balanced
- Other:

My top 1-2 core feelings for 2026:

STEP 2: MY PRIMARY AREA OF FOCUS

Choose one (or two) areas that matter most right now:

- Personal
- Family
- Work
- Health
- Mental / Emotional
- Social
- Hobby
- Other:

My focus area(s):

your priority focus

core feeling

+

area of focus

STEP 3: MY THREE GOALS (VISIBLE + DOABLE)

These are small, specific actions that support how you want to feel.

1.

2.

3.

STEP 4: MY 2026 VISION STATEMENT

In 2026, I am creating a life that feels _____. My main area of focus is _____. My three goals include _____, _____, and _____.

EARN YOUR RAFFLE TICKET: Snapshot your worksheet and upload to WellRight (Your Priority Plan Challenge) or email it to wellness@atlanticpkg.com.

Want to create a full vision board? Instructions on the back.

Build a Vision Board

Create a small vision board that represents how you want your life and work to feel in the year ahead. Use images or words that spark a sense of alignment rather than ambition. Doing this together with colleagues can open meaningful conversations and strengthen shared direction.

Vision Board Materials List

You can keep this very simple or make it a full creative experience. Basic materials:

- Magazines (any kind—lifestyle, travel, nature, wellness)
- Scissors
- Glue sticks
- Tape
- Cardstock, poster board, or thick paper
- Pens or markers

Optional / nice-to-have

- Sticky notes
- Washi tape
- Highlighters
- Old photos or printed images
- Quotes printed from online sources
- Envelopes or folders to store finished boards

