

MAKE THIS YOUR  
**STRONGEST**  
YEAR YET!

**2026**

*workbook*

A PRACTICAL GUIDE TO BUILDING STRENGTH,  
ENERGY, AND CONFIDENCE IN 2026

# This is where your **strongest** year begins.

This isn't a motivation piece and it isn't a "January reset" that fades once life picks back up. This exists because you deserve a year where you:

- Feel **strong** in your body
- Have **steady energy** every day
- Build a **resilient mindset**
- Develop **habits that support the life you actually want**

---

## How to use this workbook effectively:



### Print This Workbook

If you can, write in this workbook. Writing slows your thinking down, helps you see patterns more clearly, and **improves memory, focus, and follow-through.**



### Keep Your Phone & Calendar Nearby

Training logs, food photos, steps, travel, and busy periods **reveal patterns** your memory alone can't.



### Do This With Friends or Family

Reflection is **faster and more effective when shared.** A coach, partner, or trusted friend can help surface blind spots you might miss on your own.



### Why This Works

Results come from alignment. When your training, nutrition, recovery, and mindset match your life, progress becomes **steady, sustainable, and repeatable.**

PART 1: LOOKING BACK

---

Build Awareness Before  
You Build Forward

# MONTHLY REFLECTION

Before setting new goals, **understand** what shaped the past year. Looking back builds awareness, not judgment, so you can see what **supported you, what drained you, and where consistency held or slipped.**

MONTH	NOTES ON TRAINING, NUTRITION, ENERGY, STRESS
JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	

*"Your body has been responding to everything you've been asking of it all year. This is where you start listening, so you can stop guessing and start building with intention."*

# QUESTION 1: LOW POINTS

Reflect on moments that felt **hard on your body, energy, or consistency**. This isn't failure; it's insight.

- When did energy drop, workouts feel harder, or nutrition slip?
- What did your body or nervous system actually need at those times?

LOW POINT	WHAT WAS HAPPENING?	WHAT DID MY BODY/ROUTINE NEED?
1		
2		
3		
4		
5		

*"Understanding what consistently pulls you off track gives you power to plan around it instead of blaming yourself."*

# QUESTION 2: HIGH POINTS

Now, reflect on moments that felt **supportive, steady, or aligned**.

- When did workouts feel strong, nutrition consistent, mindset clear, or confidence high?
- What patterns supported those high points?

HIGH POINT	WHAT WAS HAPPENING?	WHAT FELT SUPPORTIVE/ALIGNED?
1		
2		
3		
4		
5		

*"High points show what works when your life and habits are aligned—they're your blueprint moving forward."*

# QUESTION 3: LESSONS

Connect the dots between your high and low points.

## HIGH POINT LESSONS:

HIGH POINT	LESSON LEARNED
1	
2	
3	
4	
5	

## LOW POINT LESSONS:

LOW POINT	LESSON LEARNED
1	
2	
3	
4	
5	

"The highs and lows of the past year aren't just memories. They are information to build routines that work with your body, not against it."

# BONUS: LIFE & HEALTH SNAPSHOT

Rate each area 1 - 10 and note why. Be honest.

AREA	RATING	WHY THIS FEELS ACCURATE
Physical Health & Energy		
Nutrition & Fueling		
Training & Movement		
Sleep & Recovery		
Stress & Nervous System		
Mindset & Self-Trust		
Lifestyle Structure & Habits		
Satisfaction w/ Body & Performance		
Overall Wellbeing		

*"Numbers are signals, not a scorecard. They show where to focus next."*

## PART 2: LOOKING FORWARD

---

# Design With Intention Not Guesswork

# QUESTION 4: STOP

What habits or patterns **drain your energy or consistency**?

I WILL STOP...	WHAT HAS THIS COST ME?	WHY DOES IT NEED TO STOP?
1		
2		
3		
4		
5		

*"Stopping something isn't backward. It's the first step to building something that lasts."*

# QUESTION 5: CONTINUE

What habits **already support you**? How will you protect them?

I WILL CONTINUE...	WHY DOES THIS SUPPORT ME?	HOW WILL I PROTECT IT?
1		
2		
3		
4		
5		

*"You don't need more habits. You need fewer, stronger ones."*

# QUESTION 6: START

What new habits will **make your life and routine easier**? Start small.

I WILL START...	WHY DOES THIS MATTER?	MY EASIEST FIRST STEP IS...
1		
2		
3		
4		
5		

*"Starting small is how habits stick and confidence builds."*

# CHOOSE (1) HEALTH FOCUS

**PICK (1) FOCUS TO BUILD MOMENTUM.**

My one health focus for the year:

---

---

The outcome I am working toward:

---

---

I will know I am succeeding when:

---

---

What I need to support this focus:

---

---

Possible obstacles and plan to handle them:

---

---

My first small step:

---

---

My weekly action:

---

---

“Clarity plus commitment is what turns intention into real change.”

# You Did It!

You **slowed down and reflected honestly**. You noticed the patterns, highs and lows, and habits that shaped your year instead of rushing forward without clarity. You listened to your body, energy, and needs, and that awareness is the **foundation for lasting change**.

**Return to this workbook** whenever you need clarity or a reminder of what works for you. Add to it as you continue learning about yourself. This isn't a reset or a restart; you're moving forward with **awareness, structure, and confidence**.

---

*This is how **progress lasts**. This is how **confidence is built**. This is how you **make 2026 your strongest year yet!***

xoxo  
Tanya

# KEEP THE MOMENTUM GOING

Growth comes from **consistent reinforcement and support**, not a single insight. If you want to stay focused and keep momentum beyond this workbook, here are a few next steps:

## DAILY MINDSET + PRACTICAL GUIDANCE

For **practical tips on training, nutrition, discipline, and self-trust**, follow **@tanyajobikinipro** on Instagram for tools you can actually use.

## 1:1 COACHING SUPPORT

For **personalized structure and accountability**, apply for one-on-one coaching at [www.l8r.live/tanya](http://www.l8r.live/tanya).

## SELF-GUIDED STRUCTURE: CROWNED

**CROWNED** is a focused **60-day Shape & Sculpt program** designed to build consistency, confidence, and visible progress, without overwhelm.

You're not meant to do this alone. Support, structure, and repetition are how strong results, and strong years are built... **one intentional step at a time.**



**CONTACT**  
[tanya@muclmasterymethod.com](mailto:tanya@muclmasterymethod.com)