

Week 6: 2026 Launchpad: Goals That Move You

December 16, 2025 | Life + Personal Capacity

Use the Life Design Compass, Word of the Year tools, and optional procrastination resources to plan the year ahead.

December 16, 2025

With Cheryl Thompson

Who it is for

Individuals planning the holiday season and year ahead

Inside this playbook

9 copyable prompts and practice blocks.

[Open the online playbook](#)

The recorded session

Watch the session.

Follow the session, then use the playbook with your own work.

[Watch replay on Vimeo](#) ^[1]

What to take into your work

1. Review the year before planning the next one.
2. Choose a direction with the Life Design Compass prompts.
3. Use a small starting step when procrastination gets in the way.

Use the learning

Your playbook

Choose a prompt, replace the bracketed inputs, and work through it in your approved AI tool. Review the result and adapt it to your situation.

This playbook accompanies the December 16, 2025 session. Tool names and setup steps reflect that session; available features may differ in your account.

Week 6 — 2026 Launchpad: Goals That Move You (Dec 16)

Design your next year — not as a list of resolutions, but as living rhythms that support how you want to work, lead, and live. **This week's win:** momentum that feels sustainable.

AI Prompts

(GPT)

A deeper, integrated 3-phase journey for review, vision, and identity anchoring. You can choose any of the following prompts to get started:

[2026 Life Design Compass](<https://chatgpt.com/g/g-6937280ae7c081919bd15f9efed8798f-life-design-compass>) (GPT)

PROMPT TO COPY
Take me through the Year-End Mirror.

[2026 Life Design Compass](<https://chatgpt.com/g/g-6937280ae7c081919bd15f9efed8798f-life-design-compass>) (GPT)

PROMPT TO COPY
Help me set my goals for 2026.

[2026 Life Design Compass](<https://chatgpt.com/g/g-6937280ae7c081919bd15f9efed8798f-life-design-compass>) (GPT)

PROMPT TO COPY
Help me choose my Word of the Year.

[2026 Life Design Compass](<https://chatgpt.com/g/g-6937280ae7c081919bd15f9efed8798f-life-design-compass>) (GPT)

PROMPT TO COPY
Let's begin my full 2026 Life Design Compass journey.

[2026 Life Design Compass](<https://chatgpt.com/g/g-6937280ae7c081919bd15f9efed8798f-life-design-compass>) (GPT)

PROMPT TO COPY
Help me design a year that aligns with who I'm becoming.

Word of the Year — Image Instructions for NanoBanana

Generate a clean, on-brand Word-of-the-Year image using NanoBanana.

Word of the Year — Image Instructions for NanoBanana

INSTRUCTIONS TO COPY
Create a beautiful, calm, emotionally resonant image inspired by the word {WORD}, designed to feel personal and meaningful to look at every day for a year. The word {WORD} is clearly visible and naturally integrated into the scene. Each image must feel visually distinct and specifically tailored to the word — not reusable across different words. To ensure uniqueness, vary the environment dramatically based on the word: choose a different type of setting each time (for example: interior, exterior, landscape, architectural detail, abstract space, natural environment). Constraints: - No people - No fantasy or magical elements - No inspirational poster or quote graphics - No glowing text, sparkles, vines, or symbolism clichés

INSTRUCTIONS TO COPY

Avoid repeating the same composition, camera angle, or setting across different words

Typography:

Simple, neutral, timeless letterforms.

Painted, carved, embossed, etched, or cast as shadow.

Light & Mood:

Natural, calming light.

Grounded, mature, and quietly inspiring.

The result should feel intentional, personal, and visually unique to the word.

Bonus Tips

If you want the image to be more: Mystical: “Add floating dust particles and soft ethereal haze.”

Bold: “Use hard flash lighting and high-contrast shadows.” **Serene:** “Use diffused window light and a minimalist background.” **Abstract:** “Use geometric shapes and surreal visual metaphors.”

Luxury: “Add velvet textures, gold accents, and controlled spotlighting.”

Bonus Tools for Procrastination (Optional)

A couple of tools to help with procrastination. Open only when you feel stuck.

Explore this section

Identify your procrastination archetype to choose the right supports.

[Procrastination Pattern Quiz](<https://gemini.google.com/share/a40bd0259fce>)

PROMPT TO COPY

Give me the Procrastination Pattern Quiz.

Explore this section

Get tailored micro-starts, time boxing, and environment tweaks based on your quiz results.

[Procrastination Compass GPT](https://chatgpt.com/g/g-69364odb48748191954b487540aod2af-procrastination-compass)

PROMPT TO COPY

Help me work with my procrastination pattern

Human Design Prompt

PROMPT TO COPY

Prompt:

Using the following Human Design information and channeling the teachings of Ra Uru Hu, Jenna Zoe, and Erin Claire Jones, create a detailed summary:

- Type: [Type]
- Strategy: [Strategy]
- Authority: [Authority]
- Profile: [Profile]
- Name: [Name]

Include:

- Summary of the person
- Decision-Making Style
- Learning Style
- How their energy operates
- Communication Style

Use bullet points and bold text where appropriate.

At the end of the summary, include:

Advice for [Name]

Provide five pieces of personalized advice that are impactful and tailored to the individual's Human Design. Ensure that each piece of advice is specific to the provided Type, Strategy, Authority, and Profile.

Personal Growth Opportunities for [Name]

Highlight specific areas for personal development based on the individual's Human Design. Offer actionable steps they can take to enhance their life.

Quotes for Regular Reflection

PROMPT TO COPY

Provide three motivational quotes that are relevant to the individual's Human Design, explaining why each quote is important for them to reflect on regularly.

Next Step: Ask the User for their inputs

Related resources

Keep working with the material.

The prompts and exercises are included above. Save a useful prompt and return to it with your next task.

Links and resources

These links are clickable in the PDF. For a paper copy, use the numbered references below.

[1] <https://vimeo.com/1147159497/42476c91cc>