

HOUSE OF UNDINE

Goals & Intentions *2026*

Clear vision. Dream Life.

Welcome to House of Undine

Hello, hello! I am so happy that you're here.

This is my personal, tried and true guide on how to map out your goals and create a clear path to achieve them this year - no matter what day it is! While this guide may say 2026 - you can use this guide whenever it finds you. Any day is a good day to set new intentions and dream up new goals. Please use this guide as you see fit and make it conducive to what will benefit you the most.

The pages that follow are a compilation of all the tips and tricks that have helped me achieve my goals and made it possible for me to start House of Undine, and ultimately really transform myself and my life. I am *not* a routine person by nature and discipline has not always been my strong suit. Everything listed in this guide helped me to change that. I am still not perfect. I still need spontaneity in my life and I am not 100 percent every day all of the time. But this guide, and the tips and tricks included, have given me the guard rails to come back to center even when I all I want to do is stray very far off course.

Also, I want you to know that I am in this with you. I am not speaking to you from high above - I am in it. I use these tips and tricks daily to keep myself on track and I hope they work for you as much as they have worked for me.

House of Undine would not be here without the knowledge I gained below - and it's still growing every day.

I hope that you decide to grow with me, too.

Rising tides raise all ships.

Let's achieve our dreams together.

Time to dive in....

Xx,
HOU

Year in Review: 2025

What went well in 2025:

What went wrong in 2025:

Year in Review: 2025

What do you want to bring with you from 2025:
(feelings, habits, people..)

What do you want to leave behind in 2025:
(feelings, habits, people..)

Free Write: What do you want?

Take the next ten minutes to write whatever comes to your mind without stopping. No editing. No pausing. No erasing. Do not limit yourself. Be as honest as possible with yourself. Do not let anything inhibit you. Be bold. Be specific. Dream big. This is your 2026. This is your life. You get what you want. Use as many pages as you need:

Limiting Beliefs

What limiting beliefs came up while you were writing? Did you stop yourself from writing something because you thought it was too big? Too much? Too good for you? That “those” things don’t happen for you? They only happen for other people? That’s impossible? Only lucky or rich people get that? Be honest with yourself about the limiting beliefs that came up above or any that you may be having now. Write them below:

Affirmations & Self-Worth

For each limiting belief that you wrote above, write a positive affirmation to oppose it. For example: if you wrote “*I am not good enough*” you could write one of the following: “*I am good enough*”, “*I am more than enough*”, or “*I am enough just as I am*”. Make sure to write a statement that resonates the most with you, in your own words:

We can only achieve what we think we deserve. Dreams die when we give up on ourselves. And, when the going gets tough (because it will) you will need the unwavering belief in yourself and your worth to carry you forward. Faking it will only get you so far.

FYI: Self-worth is a tricky thing. Most of us think that we really do believe we are worthy. Like, duh-obviously. But when we take a real, honest look at our life and our relationships it can become very clear that we may not be saying so with our actions. Even if we consciously think we are worthy, subconsciously a different story may be taking place. It could be the significant other you stay with even if you know they don't treat you well, or the job you keep because it's reasonable and you tell yourself you can find happiness in other things. Or maybe it's the big house on the lake you pretend to hate but secretly wish you lived in. All of these ideas and actions are a reflection of your subconscious beliefs.

Of all the things you will write in this workbook - I consider affirmations to be the most important. If ever you find your mindset fading or your faith lacking - come back to these phrases. Repeat them to yourself. Do them in the morning after waking and at night before bed. Every day would be ideal. Our mind is our greatest obstacle and affirmations are your secret weapon.

Goals & Intentions: 2026

Career	Relationships
Finance	Health
Personal Growth/Living	Fun/Hobbies

Theme of 2026: *(What is the thru line of the lists above or a word/words that encompasses your theme - i.e. "exponential growth")*

How do I want to feel in 2026: *(What does the future version of you feel like once achieving these goals?)*

Affirmation for 2026: *(Combination of your goals, themes and feelings in an affirmative "I am..." statement.)*

Actionable Steps

We must take action towards our goals. Small, consistent steps are the key to big, lasting change. Be honest with yourself about what you are capable of doing in a day, week or month. Set smaller goals in the short term so that you are capable of achieving your big goals in the long term. We gain confidence in ourselves by completing the tasks we set out to do. When we make unreasonable promises to ourselves in the short-term - we set ourselves up for failure. For example, if your big, limitless dream is to be an actress, what are the small steps that you can take now to get there? Maybe it's signing up for a weekly acting class. Maybe it's joining a free once-a-month actors meet up. Maybe it's listening to a podcast or reading a book on steps to get there.

Or, maybe it's recording one acting reel a day and uploading that reel to socials for more exposure? Make the barrier to entry for yourself low at the beginning. We do not need to self-sabotage from the start. Then, once you prove to yourself that you can do those smaller tasks, you will naturally take on bigger tasks with ease.

Remember: luck is where preparation meets opportunity. The universe will bring you the opportunities. It is your job to be prepared when they come.

P.S. There are nuances to the idea of taking action versus trusting/receiving within the different categories of goals listed above (i.e. career vs. relationships) - but on the whole - action is a big part of achieving goals.

You can't *just* think a business into existence. Thinking is the first step. And you will think about it a lot. But then you must take action towards creating it. That is how you "*manifest*" an idea.

Do not stand in your own way.

Daily	Weekly	Monthly

Visualize It.

We are visual creatures. Seeing really is believing for a lot of us. Having a visual representation of your goals and dreams can be very helpful to reinforce your pursuit of those dreams. Studies show that vision boards activate neural pathways for motivation, achievement and prime the brain to spot opportunities while reducing fear. They build confidence in achieving goals and help make goals more concrete. Plus, constant visual reminders keep your goals top of mind and boosts drive.

Vision Boards are fantastic for this. If you don't like the term "Vision Board" that's fine. Call it whatever you want - action board, manifestation board, mood board, picture board - whatever works for you. But I really think you should do one. Here are my thoughts:

When most people make a vision board, they grab a bunch of magazines from the store, flip through the pages and choose pictures based on resonance, whimsy and what the universe has in store for them. While this strategy can work - in our particular instance of clearly defining your year (or your life)

I HIGHLY DISAGREE WITH THIS APPROACH.

The universe (God, whatever you believe in) wants to help you. If you don't know what you want or you're not clear on what you want - the universe is going to have no idea what to send you. Thus, the universe is going to send you a bunch of random stuff that you end up hating because it had no idea what to send you in the first place. I lived most of my life like this. Let's avoid that unfortunate miscommunication.

YOU NEED TO BE SPECIFIC.

My biggest recommendation when creating a vision board is that you know exactly what you want. If there is a house that you want - go on the internet - find a picture of the house that is a direct representation of that house, print it out and tape that picture to your board. If an influencer posted a picture of a destination that made you light up - screenshot it, print it out and put it on the board. The picture doesn't have to mean anything to anyone else. Your board may look like the contents of a paper shredder to me. But it must mean something to you and it must be specifically aligned with your desires. Your board should light you up every time you look at it and make you feel seen. Do this for every item on your board.

Also - this is a great time to use envy as inspiration. Find yourself triggered because someone has more than you? Someone seems happier? Someone has a better relationship? That is very important information. Typically it means you want it. Or at least some version of it. And that is where we flip envy on its head. You don't need to envy that person. You can use them as inspiration. If they have it - so can you. No person on this planet is more deserving than you are. You're allowed to have just as much as they do and you're equally as worthy of it. So go through your list, find people that have the things or relationships you want, people that inspire you, words that motivate you - print it out and put it on the board.

Other Tips: I like to use a big canvas from a local craft store with double sided tape to lay pictures down. I also bought an easel for my first (and most successful) vision board so that I could have it in my work space and look at it every day. I then take a picture of my vision board and use it as background on my phone so I am always subconsciously looking at it. Some people have a different opinion on this. They say you should "set it and forget it". That does not work for me. If I set it and forget it - I will 100 percent forget it and nothing will ever happen. My mind's natural baseline is negative thinking and lack of discipline. I need the reminder's all around me and I'm pretty sure you do, too.

If you don't have a printer you can use a Canva template. I do this sometimes for smaller vision boards. However, I think there is great importance in the act of rewiring and reinforcing new neural pathways when we are finding, cutting and placing images on a physical vision board. Especially for your bigger and most important projects.

HOT TIP: My least successful vision board was one I made with magazines from the store while done in a group setting. I was using what was available and none of it was really what I wanted. I felt off when I looked at it. The year was messy and nothing on the board came true. Take that as you will. (Magazines are also crazy expensive now. Save yourself some cash.)

Vision Board Inspo

Use this space to list out the people, places and things you will use as inspiration for your board. If planning the layout of the board helps you - use this space to draw your layout. Remember - think big, have fun and be specific. I normally do my vision board in quadrants that slightly overlap and allow the center to be my major theme that the different quadrants evolve out of.

Other Tools

Things never go as planned. The journey to success is not straight. It's windy. It's weird. and it can get dicey. There will be ups and there will be downs. It is important to understand how to maintain yourself during the downs and double down on your goals. That's where it counts. At least that's what I tell myself.

Here are some tools that can help you keep going, keep creating and keep your mind on track when it seems like everything is going off the rails.

Sound Baths

I typically offer sound baths for relaxation however there are many uses for sound baths and using them as a creative session is my personal favorite. The point of a sound bath is to get you into the Theta wave state. This state is where we access our subconscious and can alter our beliefs and patterns. It also where we can connect with higher-conscious. Creativity thrives in the theta wave state and it's a wonderful place to set your intentions, dream big dreams and imagine a better life.

Affirmations

As I stated previously, affirmations may be the most important step in this book. You have to believe in yourself. And some days you just won't. Things won't go to plan and you will want to give up. You will talk negatively to yourself and you will not see the light. That is where affirmations are needed most. If you find yourself speaking negatively to yourself - double down on your positive affirmations. For every 1 negative thought it takes at least 3-5 positive thoughts to counteract it. Don't let your mind get the best of you. You can and will do it.

Weight Training & Yin Yoga

I bet you no one has ever told you that weight training is meditative - but it is. And it really helps clear your mind. Same with stretching. When you are lifting weights you have to focus on the mind muscle connection to make sure that you are training the intended muscle (at least you should be). This mind-muscle connection requires our mind to be present in the moment and in our body. It allow us to clear the noise and focus on the right now. Not the future and not the past. Same with yin. The long poses allows us focus on the stretch and lets your mind relax. This is really important when you feel out of control. It draws you back from worrying about the future or ruminating on the past and allows you to be right here. Plus, all the other wonderful benefits of working out and stretching including longevity, health and over-all mood, etc.

Meditation

Sound baths sound annoying and too long? That's fine. Do a 20-minute meditation every morning. This is great way to start your day and decide how you want it to be and how you want to feel. I prefer to do a 20 minute unguided meditation but if you are just starting out do a guided one to help you center. Joe dispenza has some great free ones on Youtube. One of my personal favorites is Jessica Stone.

More Tools

Morning Routine

As someone who was never routine or disciplined - developing a morning routine, or really any routine, was life changing. If you are not a disciplined person or feel like your mornings are chaotic and rushed and your time is never your own - I highly suggest developing a morning routine. It doesn't have to be three hours long. It could be 15 minutes, but it's important. On a good day, I like to wake-up workout, make myself a breakfast, meditate/journal and read for 20 minutes. On a rushed day, I like to have coffee and meditate. On a weekend - If i can throw in a cold/plunge sauna and a walk in the park with Mav: I am a very happy person. Start your day off your way and you will be more inclined to take on most anything. I promise.

Eat Your Frogs

I'm pretty sure this is a book but it's a concept I highly agree with. Eat your frogs. Aka - get your hardest things done first. Is working out something you hate doing but want to do more of? Do it first. Get that decision out of the way so you can move on with your day. The worst thing is to have it looming over your head all day, time gets away from you and you don't get it done. Hate writing social media posts? Do it first thing in the morning. We typically have more brain power in the morning and it slowly fades during the day. Eating your frogs is important because when we don't complete the tasks we set out it slowly erodes our confidence in our ability to get anything done. Set yourselves up for success. Get the annoying things done and leave the easier stuff for later.

Time-block

Hate doing the same thing every day? Same. Have a hard time-focusing on things you don't like doing? Same. Time-block it. Do all your social posts on Monday and schedule them for the week. Take all your meetings on Tuesday. Record all of your on screen videos in one day. Set 90 minute time-blocks for things your struggle to focus on. 90 minutes is our bodies natural peak for focus. And if it get's you in the flow? Even better.

Podcasts & Books

There is so much free/viable information out there that there is almost no excuse not to try. The bar is low and barrier to entry is almost non-existent. I have learned so much from podcasts and books that I never learned in school or at work. Most successful entrepreneur's have a podcast now and they want to help you. Just always be mindful of who you take your advice from. Make sure it's someone who has the life you want or is someone you actually want to be like. Don't get got 😏

Let Go of Perfection

Nothing is ever perfect. You wil never be ready. It will never be exactly what you want it to be but you have to remind yourself that sometimes good is good enough. And then you can build and iterate from there. Perfection is where dreams go to die. Don't leave yours in the graveyard. Act now - correct later. You've got this!

I believe in you.

If ever you feel down, you feel like nothing works for you or like no one else is on your side - just remember that I am. I believe in your dreams, I believe in your goals, and I believe that you are capable of achieving whatever it is you desire. It doesn't have to be big - it could be anything. It could be a new friend group, a new habit or it could be a billion dollars. It's up to you. But I want you to know that I believe in you and you should, too.

Believing in yourself, chasing your dreams, uprooting your life or just starting out is hard. It's vulnerable. And it can be lonely and somewhat defeating at times. Not everyone is going to understand what you're doing and that's okay. Not everyone has to. In fact, when I first started House of Undine, I didn't tell anyone for months. Some for a full year.

House of Undine needed to develop on it's own with me for a while before I put it out for someone else's opinion. So if you need to keep this to yourself for a while that's okay. Don't let someone's off-handed comments ruin it for you. People will mean well, but most people will only ever be able to see for you what they can see for themselves. Remind yourself of this when you do decide to share your vision. Stay rooted in your desire for your dreams because someone will try to test them.

Above all else, please do not let someone else's limited vision for their own life be the limiting factor in yours.

And lastly, you might stop for a little. That's also okay. Just don't stop forever. Consistency wins over perfection every day. Don't give up on yourself.

I wish you all the best and I am rooting for you. Tag me @houseofundine and keep me posted on your progress. I can't wait to see all of your dreams come true.

Dream big & see you soon.

Xx,
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