

A man with short, light-colored hair and glasses is sitting on the edge of a dark stone pool. He is wearing a light blue t-shirt and dark shorts. He is smiling and looking towards the camera. His hands are clasped in his lap. Behind him is a wall made of light-colored stone or concrete, and several tall, green plants with long, narrow leaves are growing against the wall. To the left, there is a small, ornate stone sculpture of a person's head and shoulders.

Riding The Wave

Reflections And Intentions For 2026

Gary Drummond



Reflections 2025 As We Head Into 2026

Somewhere between sunrises and sunsets, the year moved quietly on.

Yet beneath that quiet, life moved as it always does, plans taking shape and evolving, ideas and projects finding their rhythm, time gathering a little speed.

Some days it felt energising, other days, it's as if we were all being carried along for the ride.

Personally, for me, 2025 has been about learning to trust my gut, to go with it, not fight it. To ride the wave instead of trying to control every turn.

Because no matter how much we plan, life has its own rhythm. When we allow ourselves to sync, things start to flow in ways we couldn't have imagined and sometimes that is amazing and other times it can be super confronting, but that's the ride.

As we head into 2026, the Year of the Horse in the Chinese zodiac, that theme of flow and freedom continues. 2025 Snake energy asked us to shed what was no longer aligned, The Horse is all about energy, momentum, intuition, and independence.

It reminds us to move with purpose, but also to trust our inner knowing compass. It's a year that invites courage, the kind that comes from within and reminds us that growth only happens when we stay open to change and are willing to step into that unknown.

So, this reflection isn't about rewriting your life overnight. It's about pausing, noticing, and choosing how you want to ride the next wave with more awareness, more flow, and maybe even a bit of fun.

So, with that, grab a pen or pencil, and take a moment to sit quietly with your thoughts and reflect on the year that was.

There is no time pressure, no right or wrong answers, just a bit of honesty, curiosity, and a willingness to see what's ready to unfold.

The Year That Was

- What happened in 2025 that changed you or made you think differently?

- What are you proud of?

- What surprised you about your own strength or resilience?



What Moved You

Now take a moment to remember what truly moved you, the experiences, people, or places that lit something inside.

- When did you feel most alive this year?

- What experiences, places, or people brought you joy or peace?

- When did you feel most connected, to yourself, others, or nature?

Letting Go Of The Reins

Every ending brings a new opening.

This is your moment to notice what is asking to be released, gently, without force, just awareness.

- What habits, roles, or stories are ready to be released?

- What fears or limiting beliefs held you back in 2025?

- What would it feel like to let go even a little and trust the flow?

Riding Forward

Now's the moment to turn toward what lies ahead, to name what you're ready to create, experience, or become.

- What's calling you forward? What do you want to explore, build, or experience?

- What would "freedom" or "flow" look like for you next year?

- If the Horse symbolises momentum, where do you want that energy to take you?

Affirmation For 2026

Before you step fully into the year ahead, pause and listen for what feels steady and true for you. The right words might not appear straight away, mine didn't show up until February last year, and that's okay.

For the last two years, mine have just been single words in **2024 - Movement**, and **2025 - Allow** both simple but powerful reminders that stayed with me through some personally challenging times.

So, this year, take your time. Let your affirmation find you.

When it does, you'll know because it will feel like an anchor something you can return to when life gets a wee bit noisy.

Take a breath. No rush

Here's a few affirmations to support the process.

- I trust the flow.
- Each wave guides me.
- Its time.
- Next Step.
- Lean in.
- Let go.
- Trust.
- Breathe.
- Release.
- Rise.
- Begin.

My affirmation for 2026:

Your Path For 2026

Every new year offers a fresh path, not to reinvent everything, but to keep growing into what feels right for you now.

- What's one thing you'd love to start or explore next year?

- What feeling do you want to carry through 2026?



- What small actions will help you stay aligned with that feeling?

Wrapping Up

Well done you!

You've just taken time to reflect, release, realign. And you there's real power in that.

Remember, don't rush to find all the answers.

They'll arrive when the timing's right

As you move into 2026, remember:

You don't need to control every wave. You just need to stay present enough to ride it

Here's to space, your rhythm, and a year that moves with you, not against you.

See you on the next wave

Gary Drummond



Explore More

If you enjoyed this reflection, you'll love my book "What Are We Gonna Do Now?"

"The No Rules Guide to Letting Go and Living Fully", a practical, authentic guide for creating your next chapter with purpose and ease

👉 Read more about the book: <https://garydrummond.com/what-are-we-gonna-do-now/>


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A vibrant tropical scene featuring a stone path on the left, several tall palm trees in the center, and a lush green rice field on the right. In the background, a traditional house with a thatched roof is visible under a blue sky with scattered clouds. The text "Lean in and see what unfolds." is overlaid in a large, black, italicized font across the middle of the image.

*"Lean in and see
what unfolds."*

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