

CHOOSE THE ENERGY YOU WANT...

SHAKTI JOURNAL 2025 → 2026

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Take a pen, a notebook, and your favourite hot beverage.

Write without overthinking.

Let the words come as they are.

INTRO

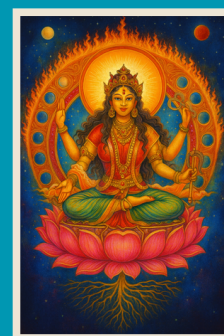
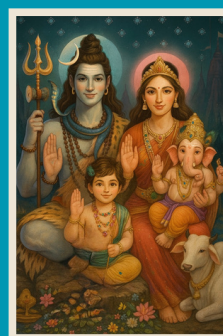
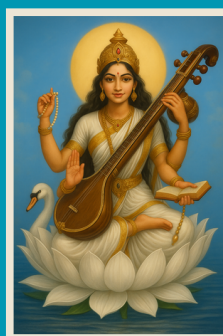
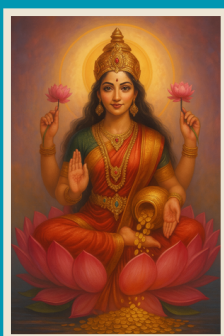
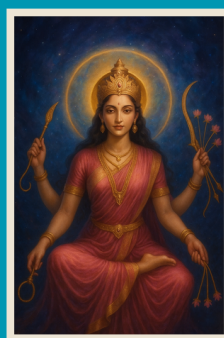
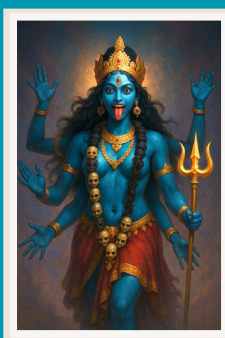
Each year, we are invited to pause — to reflect on where we have been and to consciously prepare for what is coming.

A new year is like a blank page. We have not yet written on it, and the way we begin matters. When we take time to reflect, our energy can be used more wisely — not scattered, but intentional.

Shakti is another name for this precious life force. It is the creative power that moves through us, and takes variety of shapes. In non-dual Tantra this energy is expressed through Goddess Archetypes. How do you choose to use it?

*What did 2025 gave you, and what are you ready to release?
Where you are going to put your energy (shakti) in 2026?*

*This journal is offered as a gentle guide through that inquiry.
May it help you step into the new year with clarity, and may it support you in finding joy in the moments that truly matter to you.*



Kālī

Radical and transformative Goddess

Reflecting on 2025

What was the most challenging moment of this year?

What did it teach you? Did an unexpected gift or insight emerge from this experience?

What was your biggest lesson of 2025?

Intention for 2026

What do you choose to release and never carry into the new year again?



Lalitā

Goddess of joy & pleasure

Reflecting on 2025

Which moments brought you joy or made you feel fully alive this year?

How did you take care of your body?

How did you take care of your mind?

Intention for 2026

What would make your daily life more pleasurable?

How can you weave this into your routines?

What does your body and mind need in 2026?

Durgā

Goddess of Strength & Confidence

Reflecting on 2025

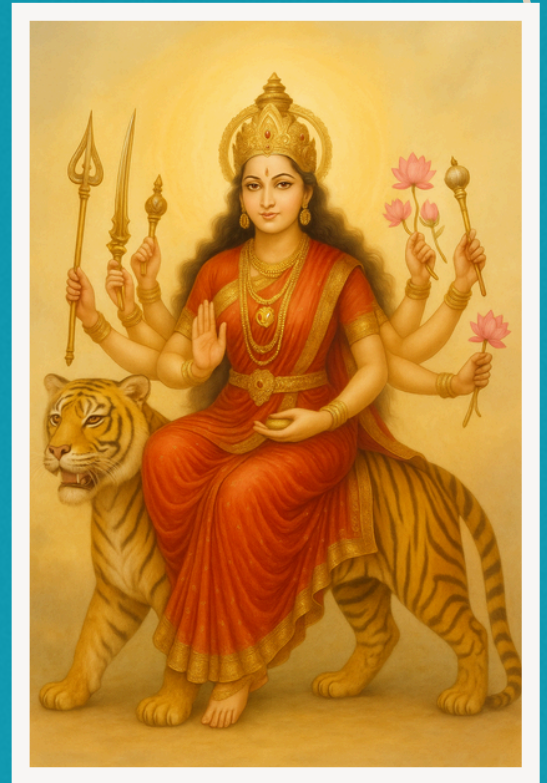
Which situations left you drained because your boundaries weren't protected?

How did you grow in your purpose or work this year?

Intention for 2026

Where do you want to act with more courage?

What might this look like in practical action?



Laksmī

Goddess of prosperity & abundance

Reflecting on 2025

Where did you question your value or compare yourself to others?

Where did you feel truly supported by life?

Intention for 2026

Where would you like to feel more supported or prosperous?

Sarasvatī

Goddess of creativity

Reflecting on 2025

Where did you feel your creativity was suppressed, and why?

Intention for 2026

Which creative activity do you wish to begin or deepen next year?



Pārvatī

Goddess of devotion & relationships

Reflecting on 2025

Which supportive habit did you lose this year, and why?

Intention for 2026

Which practice or habit would you like to reintroduce or begin in the new year?

How will you support yourself in maintaining it?

What would you like to invite more of in your relationships?

Bhuvaneśvarī

Goddess of Infinite Space

Reflecting on 2025

Where did life feel tight, small, or restricted this year?

Intention for 2026

How can you expand this part of your life in 2026 into greater spaciousness and possibility?



Integration

Reflecting on 2025

What are you grateful for in this year?
What are you proud of this year?

2026 Inner Compass

Now write down the main insights from all the questions above to finalize your journaling.

What is one MAIN INTENTION FOR 2026

— a word, feeling, image, or sentence - you wish to carry with you?

May this journaling bring you more clarity on where to navigate your energy in year 2026.

May your 2026 be full of love, joy, awareness and trust.

Eva