

Solid Ground 2026

A Journaling Guide for Purposeful Planning
Building a life of excellence on a foundation of faith.

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Introduction: Why Solid Ground?

Welcome to 2026. Success without a foundation is temporary, but a life built on Solid Ground is enduring. This guide helps you move beyond to-do lists and into purposeful alignment through four lenses: Faith, Professional Excellence, Holistic Wellness, and Community Empowerment.

Part 1: The Reflection (Looking Back to Move Forward)

The Harvest: What were your three biggest wins in 2025?

The Lessons: What challenge shaped your resilience?

The Release: What are you intentionally leaving behind?

Part 2: The Spiritual Anchor (Faith & Purpose)

The Word: One word or scripture for your 2026 journey.

The Daily Grounding: Your consistent faith-based routine.

The Why: If every goal is achieved, how does it serve God's purpose?

Part 3: Professional Excellence (Leadership in Action)

Precision and ambition are not the opposite of faith; they are the stewardship of your gifts.

The Big Leap: What is one “audacious” professional goal you want to achieve by December 2026?

Skill Cultivation: What specific area of expertise (technical, leadership, or creative) do you need to sharpen this year?

The Inspired Success Metric: How will you measure success this year? (Hint: Look beyond the numbers and focus on the impact).

Part 4: Holistic Wellness & Community Empowerment

The Wellness Wall: Two non-negotiable boundaries for your health.

The Empowerment Shift: Who will you mentor or advocate for?

Community Connection: How will you show up for your collective?

Part 5: The 2026 Blueprint

Q1 Focus:

Q2 Focus:

Q3 Focus:

Q4 Focus:

My Commitment to Myself

“In 2026, I commit to pursuing excellence without sacrificing my peace, and building my success on Solid Ground.”

About the Author

Dr. Ini Ogundehi is a scientist, author, and mentor dedicated to bridging the gap between STEM innovation and community empowerment. Through The Inspired Collective, she helps leaders grow in purpose and professional excellence.