

2026 Baseline Worksheet

Rate where you are. Pressure-test one area. Commit to one goal per area.

Start the 2026 job search with an honest starting point. Rate each of the eight life areas on a 1–10 scale, then pressure-test one area against the three reflection questions, and finally commit to one outcome goal per area with a target date. Revisit this sheet quarterly to see what actually shifted.

STEP 1 · 8-STACK RATING · WHERE ARE YOU RIGHT NOW?

AREA	CIRCLE YOUR CURRENT RATING (1 = LOW, 10 = HIGH)									
1 · Career & Life Purpose	1	2	3	4	5	6	7	8	9	10
2 · Professional Growth	1	2	3	4	5	6	7	8	9	10
3 · Relationships	1	2	3	4	5	6	7	8	9	10
4 · Spiritual Alignment	1	2	3	4	5	6	7	8	9	10
5 · Home & Surroundings	1	2	3	4	5	6	7	8	9	10
6 · Rest, Recovery, Relaxation	1	2	3	4	5	6	7	8	9	10
7 · Well-Being & Physical Health	1	2	3	4	5	6	7	8	9	10
8 · Financial	1	2	3	4	5	6	7	8	9	10

STEP 2 · PRESSURE-TEST YOUR CHOSEN AREA

Pick one of the eight areas to focus on. Answer these three questions for it before committing to a goal.

The **ONE THING** I need to resolve so it does not stand in my way is:

My strongest desire to succeed in this area is:

What will be my rewards for achieving my goals and sub-goals?

STEP 3 · ONE OUTCOME GOAL PER AREA

Write each goal in SMART form — specific, measurable, time-bound. Add a target date.

1 · CAREER & LIFE PURPOSE

GOAL:

BY:

2 · PROFESSIONAL GROWTH

GOAL:

BY:

3 · RELATIONSHIPS

GOAL:

BY:

4 · SPIRITUAL ALIGNMENT

GOAL:

BY:

5 · HOME & SURROUNDINGS

GOAL:

BY:

6 · REST, RECOVERY, RELAXATION

GOAL:

BY:

7 · WELL-BEING & PHYSICAL HEALTH

GOAL:

BY:

8 · FINANCIAL

GOAL:

BY:

Originated by **Nicole Marquesa** with **TehShan Lee** for the JobNet 2.0 session 2026 Reset: Goals, Journals, and the Year's First Read, Wednesday, January 21, 2026.
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