



An Open Letter to the New Year 2026

5 January 2026

Dear 2026

As we start this year in January, many of us are tired, overwhelmed, and feeling the effects of the chaos and upheaval from the many difficult and challenging changes in the world over the past five years. Our lives have changed so much. Covid brought changes to our lifestyles and many of these have stayed. We are more online and we are less social. The daily news of wars and weather leading to destruction of property and lives has left us reeling. The news is a constant bombardment of negative information showing us scenes of misery and suffering. Financially, many of us have experienced immense changes in our lives. The lifestyle we expected to live has changed. So, 2026, please be gentle with us. We are all wondering what the next week will bring.

So many of us experienced losses during the year. For some this included losses of loved ones, losses of homes, losses of jobs, and losses of dreams we once had that we perceive we are no longer able to fulfil. Help us to remember that endings are not the end. What we have lost is gone, but once we have grieved the losses, there are opportunities for new things. Let us honour our past, remember the good, and move on to better things. Endings also bring new beginnings. And new beginnings should come with hope. No matter our current situation the possibility exists to move onto new and better work, relationships, success and happiness.

Despite the adverse and negative experiences so many of us have faced in recent years, help us to understand that nothing stays the same. While times can be bad, things change and life in the future can be good. Negative circumstances and experiences are not forever. 2026, remind us to recognise and use the opportunities and possibilities that come our way. Things always change and thus bad situations can change into good ones. Help us to be wise and discerning in our choices moving forward. May we understand that there are always more choices than we usually realise, and the choice to move forward towards something better is an option for most of us. No matter how terrible the past years have been, we can have better lives, better relationships, better communities, and a better society in the future. Not from wishing it to be so, but from each of us showing up as our best selves.

Dear 2026, as we rebuild from the past, help us to let go of the past and keep the past in the past. Help us to take the lessons and move forward with courage, humility, and wisdom. Let us remember our strengths, some of which will have developed through tough times, and use them to build something better. Help us to recognise and confront patterns and old wounds that are keeping us stuck, and give us the insight to develop the capability to overcome these and grow as a person. May we remember that our achievements and success in life can only be as good as the extent to which we grow as people. Before we can hope for a better life, we need to be a better person: more self-awareness, more skills, more good habits and more positive actions. When I grow as a person, when I confront and make changes to my character, my habits, and my thinking, I can do so much more.

Dear 2026, give people the courage to make those changes that are needed in society. To stand up for what is right and good. Give us the knowledge and strength to respond to the needs of the people in our world and not hide away and batten down the hatches. Help us to recognise our immense potential and understand that playing small helps no one. Being the best we can be is the best thing for society and the people around us. Help us to recognise what we have learned during the past difficult times. Help us to not get angry and resentful and bitter about the paths our lives have taken. What is gone, is gone. We are still standing and we are still filled with potential. Potential greater than each of us know. Help us to learn from the past and not stay stuck there. Help us to look past the past and help us to start the new year with renewed energy and enthusiasm for life. Help us to look at being the best we can be and making the best of our lives for ourselves and those around us.

Dear 2026, as much as we wish you to be gentle with us, we know you will bring tough times. Every year has them. Life in general is not easy. There will be days that test us. There will be days when we wonder if things will ever work out for us. There will be days when we want to give up and settle for less than we should. Help us to not lose hope and bury our hopes and dreams. Help us to rest when we need it, and then come back with renewed energy and knowledge to keep moving forward towards our best selves and our best lives.

Kind regards

From Me