WORKSHEET

DESIGN YOUR DIGITAL TWIN & AI PLAN FOR 2026

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YOU CAN COPY THIS INTO YOUR JOURNAL,
NOTES APP, OR A DOCUMENT.

Part 1: Reflect

1. WHAT AM I MOST GRATEFUL FOR IN MY BUSINESS RIGHT NOW?

_____

2. WHERE DO I FEEL THE MOST PRESSURE TO "KEEP UP"?

_____

3. WHAT DO I WANT MY BUSINESS TO FEEL LIKE IN 2026?

_____

Write freely for a few minutes on each question.

Part 2: Clarify your focus

ANSWER THESE PROMPTS:

1. My ideal clients are:
2. I help them with:
3. The main way people hear about me right now is:
4. In 2026, I want people to think of me as the person who:

NOW CIRCLE ONE AREA WHERE AI COULD HELP YOU MOST:

1. Content and visibility
2. Email and communication
3. Admin and repeat tasks
4. Something else: _____

Part 3: Create your brand snapshot

FILL THIS OUT:

1. Three short paragraphs that describe
    - *Who you are*
    - *Who you help*
    - *How you help them*

2. Five phrases you say a lot in your writing or speaking:

_____

_____

_____

_____

_____

3. Three stories you often tell about your work or path:

_____

_____

_____

4. Three values that guide how you show up:

_____

_____

_____

This becomes the first version of the "voice" for your Digital Twin.

Part 4: Choose one experiment for December

ANSWER:

1. Three short paragraphs that describe
    - One recurring task I want AI to help me with is:
    - I will ask my Digital Twin to support me by:
    - I will test this once per week on: (choose a day)
    - I will measure success by:
        - *time saved*
        - *how often I can post or send*
        - *how I feel about the task*

Set a reminder for a check in at the end of December:
"What worked, what did not, and what do I want to continue in 2026?"

Part 5: Wrap up reflection

TAKE A MOMENT TO ANSWER:

- What is one small step I can take this week to prepare for 2026?

_____

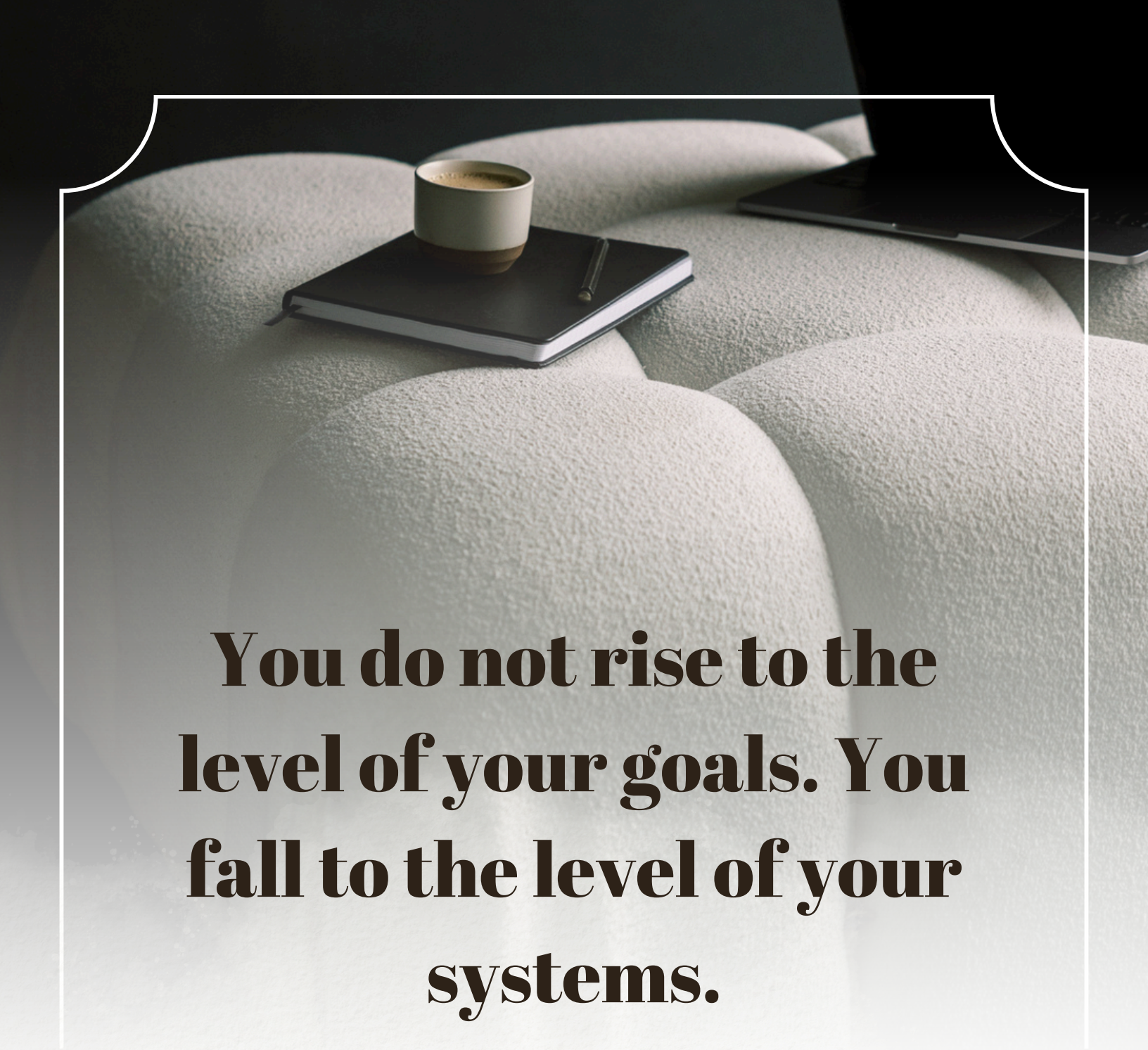
_____

- Who can support me so I do not have to do this alone?

_____

_____

If you feel called, you can bring your worksheet to our discovery call so we can build on it together.



You do not rise to the level of your goals. You fall to the level of your systems.

James Clear