WORKSHEET

FIND YOUR TRIBE + BUILD YOUR BEST YEAR (2026)

by kalika yap

www.kalika.com

Start Here

Use this worksheet to reflect, choose your support system intentionally, and take action so 2026 becomes your strongest year yet.

1) Your 2025 Reflection (Quick Scan)

- What did I do well this year?

- What drained me the most?

- What patterns kept repeating?

- Where did I feel alone or unsupported?

- What did I avoid asking for help with?

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2) Your Tribe Audit

List your current support circle (people you go to for advice, encouragement, or problem-solving):

Name	Role in my life	Energizes or drains me?	Understands entrepreneurship?	Can I be honest with them?

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3)Your 2026 Connection Plan (Practical + Simple)

A. The "Two Calls a Day" Challenge (2 Weeks)

Pick a start date:_____

For 14 days, I will call (not text) two people per day.
These calls can be short, but they must be real.

People I will call first:
1.
2.
3.
4.
5.

What I'll say:
"Hey, I'm being intentional about connection in 2026 and you came to mind. I'd love to hear how you're doing."

B. The "Say Yes" Rule (January)

- For one month, I will say yes to:
  - One social invite per week
  - One networking or community event
  - One coffee or walk with someone I respect

C. The “Service” Habit (Monthly)

- Helping others is one of the best ways to build real connection.
- In 2026, I will schedule one service action every month.
- Examples:
  - Mentor someone
  - Introduce two people
  - Volunteer
  - Help someone who’s struggling
  - Support someone without expecting anything back

4) Your 2026 Tribe Plan

- What kind of people do I want to be surrounded by in 2026?

- Where will I find them? (List 3 places you will show up consistently)

- Who are 3 people I want to build a deeper relationship with?

- What will I do this month to strengthen connection?

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5) Your 2026 Commitments

- My 3 Non-Negotiables (for peace and performance):

_____

_____

_____

- My 3 Business Goals:

_____

_____

_____

- My 3 Personal Goals:

_____

_____

_____

Wrap up

- In 2026, I will not build alone. I will build with:
  - A tribe
  - A coach
  - A peer circle
  - A mentor
  - A community

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You are the average of the five people you spend the most time with.

- Jim Rohn

hello@kalika.com

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