



2026 Field Notes For A Fresh Start

A Good Enough Year

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Hi, I'm Kerry.

I'm a clinical psychologist and the author of

START HERE: A Practical Guide For The Overwhelmed

and the memoir The Ballad of Burnout.

Based in Wellington, New Zealand, my favorite types of rest are cold swims with her family and caring for foster cats.

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December 2025 Looking back

PROMPT 1: Highlights and Lowlights

Time needed: 15 - 60 minutes

Instructions:

- *Glance through your diary and scroll through your camera roll.*
- *Jot down the highlights and lowlights of the past year.*

PROMPT 2: Love / Inspiration / Admiration Mood Board

Time needed: 30 minutes

Instructions: Look through your journals, papers, or books you read and images you took screen shots of. What quotes, images, or things inspired you last year?

(Here's [my mood board from 2024](#) if you'd like an example.)

A large, empty rectangular box with a thin black border, intended for the user to create their mood board. It occupies the central portion of the page below the instructions.

PROMPT 3: Last Year In A Few Sentences

Time needed: 5 - 30 minutes

Instructions: No pressure, just jot down a few summary sentences to describe the past year.

Last year I **savored:**

Last year I **celebrated:**

Last year I **struggled with:**

Last year I **learned:**

Coming up next time: “**Late Dec/Early Jan
Looking forward**”

If this felt helpful, let's stay in touch:

Field Notes – Podcast <https://fieldnoteswithkerry.substack.com/>

A podcast examining the realities of burnout, wellbeing, and the work of caring for
ourselves and others

Field Notes – Writing <https://www.drkerrymakinbyrd.com/>

Weekly email reflections and notes from my work as a clinical psychologist and author

Instagram @drkerrymb

Brief videos and pictures of my life

Main Website <https://www.drkerrymakinbyrd.com/>

Workshops, book news, and everything else in one place

Books (wherever books are sold or loaned)

Start Here: A Practical Guide for the Overwhelmed

The Ballad of Burnout

Acknowledgements

This journal was developed with inspiration from the following resources:

- [Cal Newport's Thoughts on Time Management](#) and his [Time Block Planner](#)
- [Year Compass](#)
- Key nuggets from psychology research on behavioral processes, contingency management, self-management, problem-solving, and behavioral activation as summarized by Hayes, S. C., & Hofmann, S. G. (Eds.). (2018). *Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy*. New Harbinger Publications.