

The Six Words I'm Living By in 2026

There are years that happen to you, and years you choose.



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I've been thinking about how we enter a new year.

Sometimes we enter it like we're bracing.

Sometimes we enter it like we're bargaining.

Sometimes we enter it like we're trying not to hope too hard.

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But this year I want something different.

If I had to name 2026 in six words, I'd choose:

courage, passion, breakthrough, momentum, freedom, adventure.

It might sound strange to name a year that's barely started. But I think it's powerful. Naming your year is a way of telling the truth about what you're reaching for. Some people wait until the year is half over before they decide who they are. I want to decide now. I want to choose the frequency I live on.

If you're earth-spiritual like me, you might ask the moon, the ocean, or a tree for insight. If you're not, the practice still works: slow down, quiet your mind, and listen. When the pouring waters of your thoughts finally settle into something still, the words come. Sometimes it's not even

words. Some people might experience a feeling, see a color, or sense an image or scene in their mind.

This is not “manifestation.” It’s **cognitive architecture**.

And it helps to combine intuition with something practical: look up character traits, review your goals, and ask yourself the deeper question: **why do I want this?**

“Working out,” for example, often isn’t about the gym. It’s about confidence, strength, peace. If the *real goal* is confidence, you can begin practicing it now. Not later. Not after you reach a milestone. Now.

Here’s what my six words mean to me.

Courage

My mom’s favorite Disney quote is: **“Have courage and be kind.”** She’s living it right now, battling breast cancer. Watching her has changed my definition of courage: it’s not the dramatic moment; it’s the daily choice.

I want to carry what she gave me into my own life. first, to be strong for my family, and also to be brave in my work with Birth of Reason. Courage is reaching out to dream guests, collaborating with artists, and taking the uncomfortable steps that actually move things forward.

I’ll share a personal vulnerability: I’ve sometimes struggled with making phone calls. But a real phone call is often the most authentic and effective way to connect. So courage this year also looks like picking up the phone.

Passion

I'm treating passion as a design principle for 2026. If attention is a scarce resource, then the question becomes: **what deserves it?**

I want what I love and what gives me hope To be loud and centered in my life. Sustained work requires genuine interest. Passion is a fuel source, not a mood.

Judi's sculptures feel like patience turned solid, passion trained into form, so it can hold meaning for people who've never met her. And our Incredible Humans guests carry that same fire in their lives, not just their words.

So passion this year means reorganizing my priorities around what is genuinely life-giving: family, art, storytelling, and the work of building Birth of Reason.

Breakthrough

Breakthrough is a misleading word, because it makes us picture lightning bolts. But most breakthroughs are quiet and almost disappointing in the moment. They look like: doing the same small thing again. And again. And again. Until the nervous system stops panicking and the new way becomes normal.

So when I say "breakthrough" for 2026, I don't mean a miracle. I mean **stability**. I mean choosing the kinds of systems that protect my mind when I'm tired, when I'm lonely, when I want to spiral.

It's not glamorous. It's powerful. Because the real breakthrough is when your baseline changes, when what used to feel impossible becomes ordinary.

Momentum

Momentum works like physics: once you're moving, staying moving costs less than starting.

Psychology says something similar. When people experience progress, their motivation and outlook rise; when they stall, they start doubting the whole project. Teresa Amabile and Steven Kramer's research on progress in meaningful work shows that even tiny forward progress can shift emotion, motivation, and creativity.

Simply put: structured action can come first, and mood can follow.

So in 2026, I'm treating momentum like a strategy. Small wins. Repeatable systems. Proof that I'm in motion and alive. Proof that our work at Birth of Reason is alive. Proof that art and community and hope is alive. It's cheesy but it's true.

I've come to the conclusion that momentum doesn't just change what you accomplish, it changes what you believe is possible.

Freedom

This one is kind of cheating. Freedom is not just one thing. For me, it has layers.

Freedom is making what I want without asking permission. It's being willing to be seen, to be bad at first, and to still publish. Freedom is creating without apologizing.

Freedom is also autonomy: control over my time, my calendar, and my priorities. It's systems that run without burning me out. It's building a life I don't need a vacation from.

But freedom isn't just individual. It's using my agency in a way that helps other people have more choices too. Freedom is building something that benefits more than just me.

Nelson Mandela reminds me of this with these words -

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

That's the part I want to live this year.

Adventure

Adventure is the word that will lead me to make bolder choices and have new experiences.

It doesn't have to mean a plane ticket. It can mean trying something new, letting yourself be a beginner, saying yes to something you've been avoiding, letting life surprise you a little.

Adventure is the willingness to live big and experience moments of awe.

And in a year I'm naming with courage, momentum, and freedom... adventure feels like the natural result.

What are your 6 words? Comment to connect <3

Let's name the year together!

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