

FOCUS FOR FLIGHT

created by angela freebird





HELLOOOOO 2026!

It's Angela Freebird Here- aka the Primal Hummingbird

What this is: A workbook designed to support you in getting clear about where you are NOW, what needs to GO, what stays and what needs some TLC in your life.

In a very short sentence, 2026 is going to be quite the spicy one and developing a habit of checking with your priorities and trajectory on a regular basis (not to overwhelm, just to filter and slow down) is worth considering.

I am an astrologer, a tarot reader, a personal trainer, a somatic experiencing trauma practitioner, a habit strategist and an underworld mentor. I am currently traveling through life with a hound named Lucky in Ketchum, ID

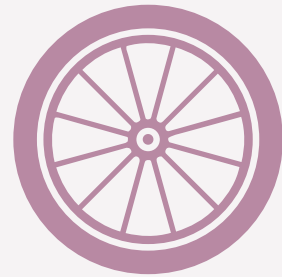


THE YEAR OF THE WHEEL

It's a 10 year so 10 categories to consider as you Focus for Flight in 2026

1. Body
2. Money
3. Development
4. Home
5. Play
6. Work
7. Relationships
8. Romance
9. Spiritual
10. Emotional Intelligence

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A QUICK NOTE BEFORE YOU START

Overwhelm is a thing – Move at the Pace of Trust

My mentor has always told me:

Less is More and **Slow is Real** and she lives at a 98% joy level so I think there's some wisdom in there.

A FEW SUGGESTIONS:

1. Pick and Choose – You do not have to inventory all categories– Not. At. All.

2. It's information– not marching orders.

FULL PERMISSION TO INVENTORY WITHOUT TAKING ANY ACTION!

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3. Make it Fun.

Light a candle. Enjoy a delicious drink. Pull cards around questions.

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4. Share and do this with a friend.

Collaboration and accountability can feel really nourishing.



YOUR BODY - YOUR VEHICLE

What's true about my body today?

What am I done doing TO my body?

What support would help my body?

What, if anything, is worth investing in to uplevel how I care for my body?



Money Flow - Resources

What's the honest truth about my money situation today?

What am I done spending money on?
What (if anything) needs to stop?

What would increase capacity here?
What would create more EASE?

What feels like a good use of my resources?



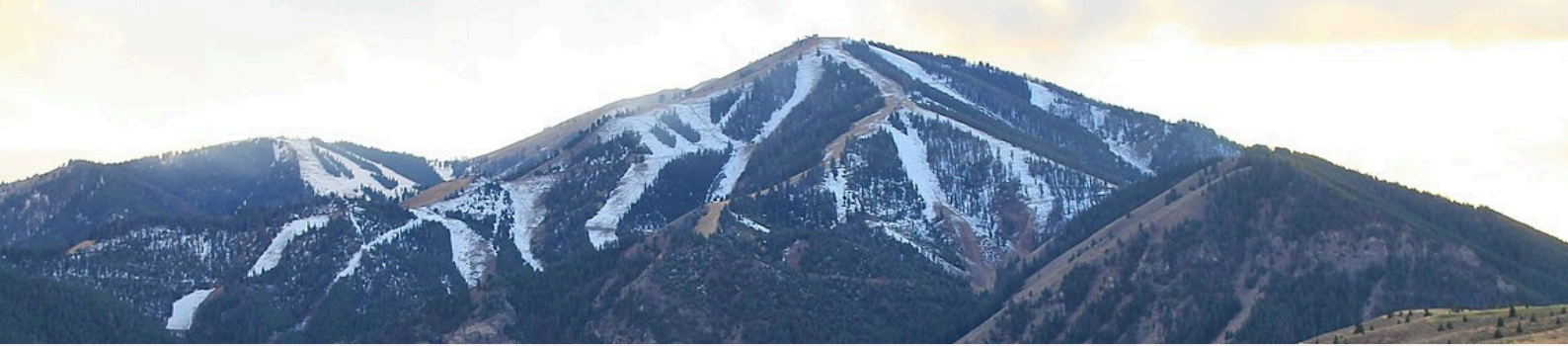
PERSONAL DEVELOPMENT

What am I curious about?

What am I done trying to improve?

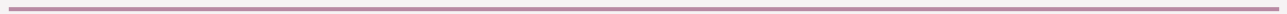
Where do I actually want to grow?
What would feel useful to learn that also feels FUN?

Who do I want to become next?



Home

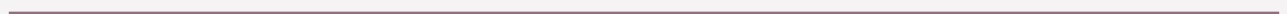
What feels cozy about my home?



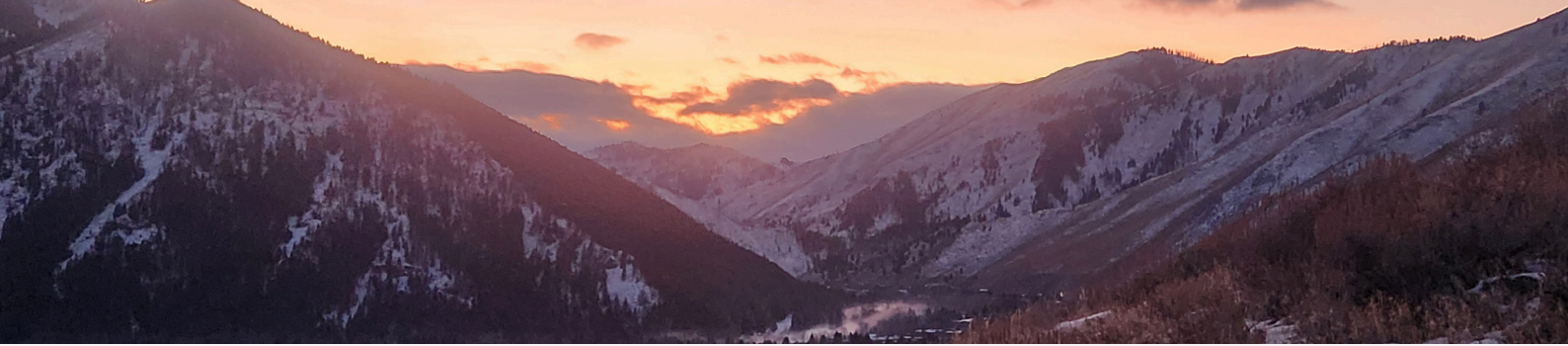
What no longer belongs here?



What upgrades would support my feeling comfortable here?



What does this space need for my next chapter?



PLAY- PLeASURE. ADVENTURE. DeLIGHT.

Where do I feel light or alive in my day?

What doesn't feel like me anymore?

What can I let go of to make room for real enjoyment?

What would support my sense of aliveness?

Can I give myself permission to make space for my unique pleasure and delight?



WORK - MISSION. PURPOSE.

What makes me want to leap out of bed in the morning?

What drains me in this domain?

What would help me stay committed without burning out?

What do I choose to focus on building this year?



RELATIONSHIPS

What relationships feel nourishing right now?

What am I done managing or caretaking?

What kind of connection do I need more of?

Which connections deserve my attention this year?



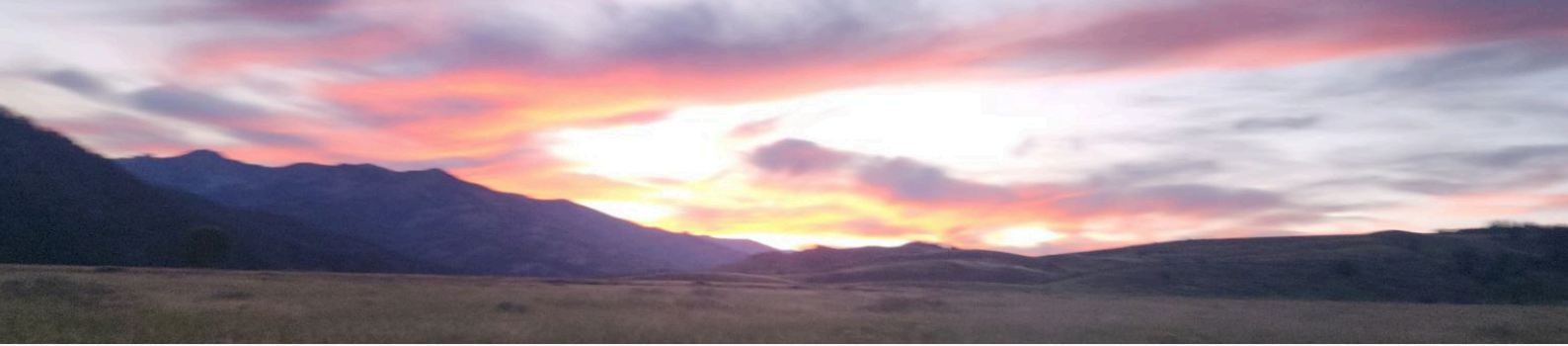
ROMANCE. LOVE. ZEST FOR LIFE.

Where do I feel turned on (by life, by someone, by possibility)?

When does fantasy support intimacy, and when does it get in the way?

What would help me pursue who/what I actually want?

What kind of desire feels worth pursuing?



SPIRITUAL

Where do I feel connected to something bigger?

What spiritual “shoulds” am I releasing?

What rituals or tools support deeper trust and connection?

What do I want to devote my attention to?



EMOTIONAL INTELLIGENCE

What's true about my connection to my emotional landscape ?

Where do I judge or bypass my honest emotions?

How can I develop a deeper capacity for receiving the gifts of my difficult emotions?

What power could I harness with more emotional intelligence?



AN ACTIONABLE TAKE-AWAY

1. Look through and pick one (two tops) places where you want to pivot toward who/what you are choosing to become.

2. Consider one (or two tops) tiny habit that supports this pivot — start it now and practice it this moon cycle.

3. Write out your habit HERE.

4. Share it with someone – harness the power of accountability

5. Spend some time imagining you are the person that does THAT _____ (your habit) and loves it.

Play with shifting your identity.

6. Be sure and CELEBRATE next new moon.

7. Rinse and Repeat on the moon cycles for 2026

PS– if you need help... I'm your hummingbird – this is my wheelhouse!



MORE FREE SUPPORT:

Join my Primal Hummingbird LOVE notes text list.



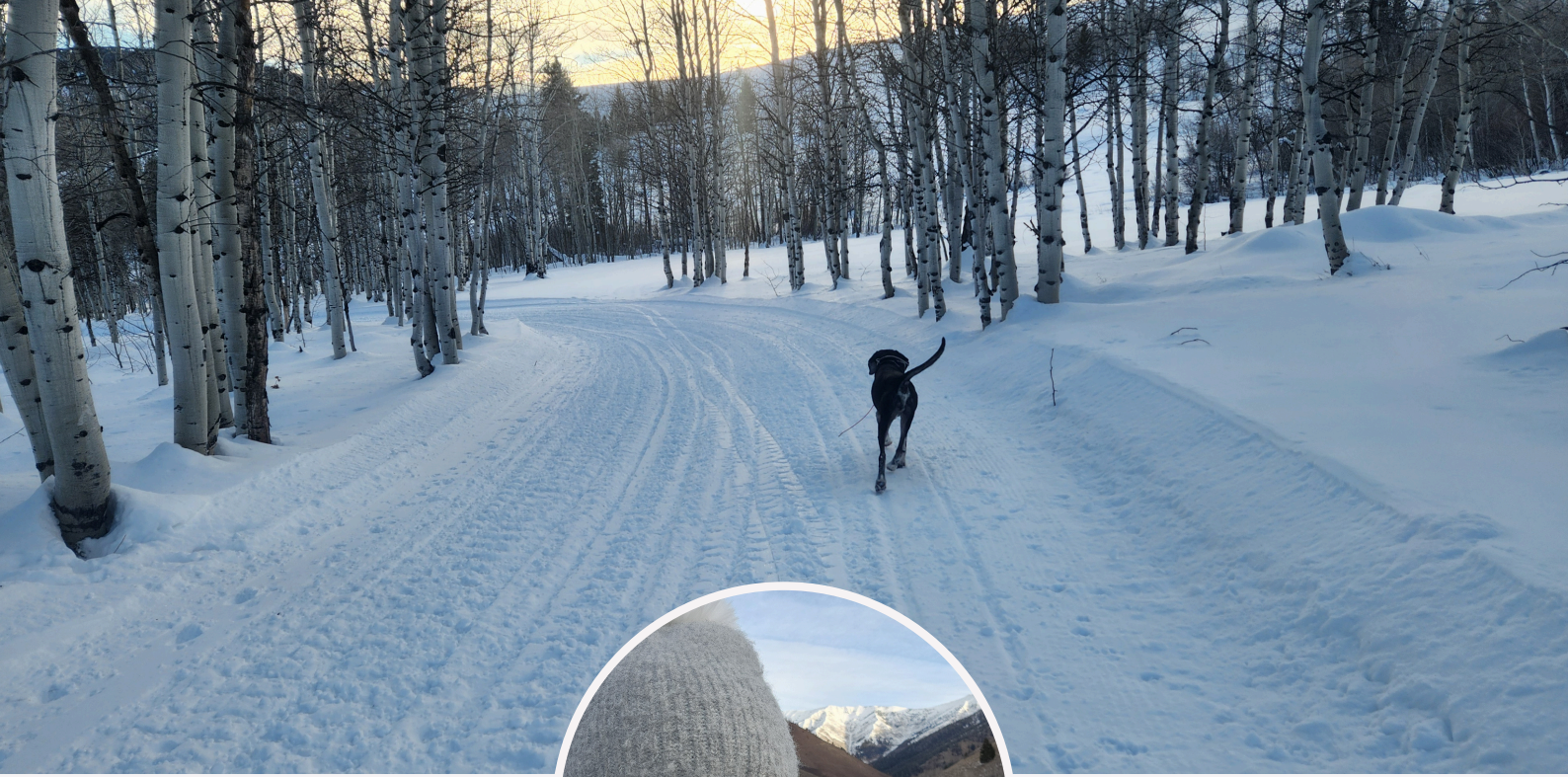
[LINK for INFORMATION](#)



[LINK FOR WHAPSAPP TO JOIN THE LIST](#)

or

text me: (208) 720-7433



WAYS TO WORK WITH ME

Understanding your archetypal nature through the lens of your astrology chart supports all of this type of inventory in an amazing way.

I'll send you a FREE mini reading of your birth chart. Just hit me up at Angela@angelafreebird.com.

It is a super fun way to deepen your self-connection.

Here's more about how I work in the world

★ [CLICK HERE](#) ★