



Is the juice worth the squeeze?

SETTING INTENTION FOR 2026

“Is the juice worth the squeeze?” – that’s one of my favourite phrases.

It’s easy to be busy. It’s harder to act with purpose and intent.

As we move into 2026, I’ve been reflecting on the last year.

I’ve dived into stuff.

I haven’t always acted with intent.

I haven’t taken time to think or ask questions like.... Will this create real value? Will it move things forward?

So, note to self for the new year – Pause. Ask those questions. And if the answer is no, then it’s OK to walk away. Not every lemon or orange needs squeezing.

(P.S. Other citrus fruits are available)

Wishing you all a Happy New Year and a lot of juice that’s defo worth the squeeze in 2026.