

THE 86 PERSONAL COMPASS



Self-reflection for culinary professionals



Welcome to the **86 Compass**

Before we decide where we're going, we need to understand what actually worked.

In the kitchen, effort alone doesn't create progress. Systems do. You can stay busy, organized, and in motion, but without reflection, you're just maintaining, not growing. Mise en place keeps things running. Systems decide how far you go.

This Compass is a tool to look at 2025 honestly and reflect how you spent your time, what supported you, what drained you and where your energy went. It is also about setting intention for 2026 and identifying the things you want to carry forward..

The 86 Challenge began on August 6, 2025, and restarts on August 6, 2026. With this Compass, you can find a tool that helps you arrive clearer, stronger, and with clearer intention on how to continue navigating your life beyond the 86 days of the challenge.

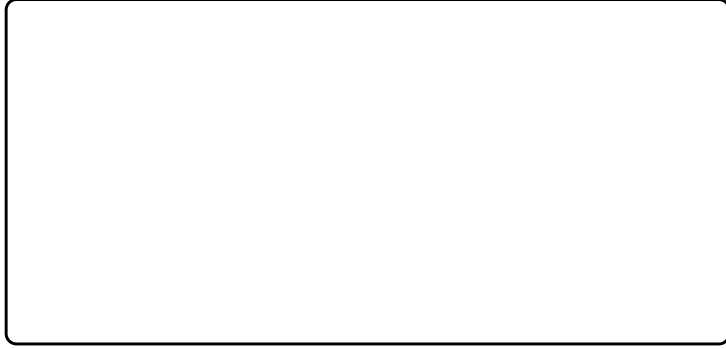
2025 SERVICE REVIEW

1. What worked for you this year in life or in the kitchen?

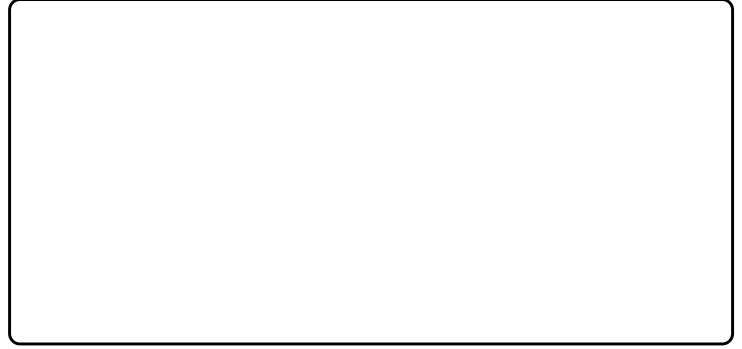
2. What cost you more than it gave back?

3. What did you stay consistent with?

4. Where did you show growth emotionally, physically, professionally?



5. What pattern keeps showing up that you can no longer ignore?



THE 86 PERSONAL COMPASS

Self-reflection for culinary professionals

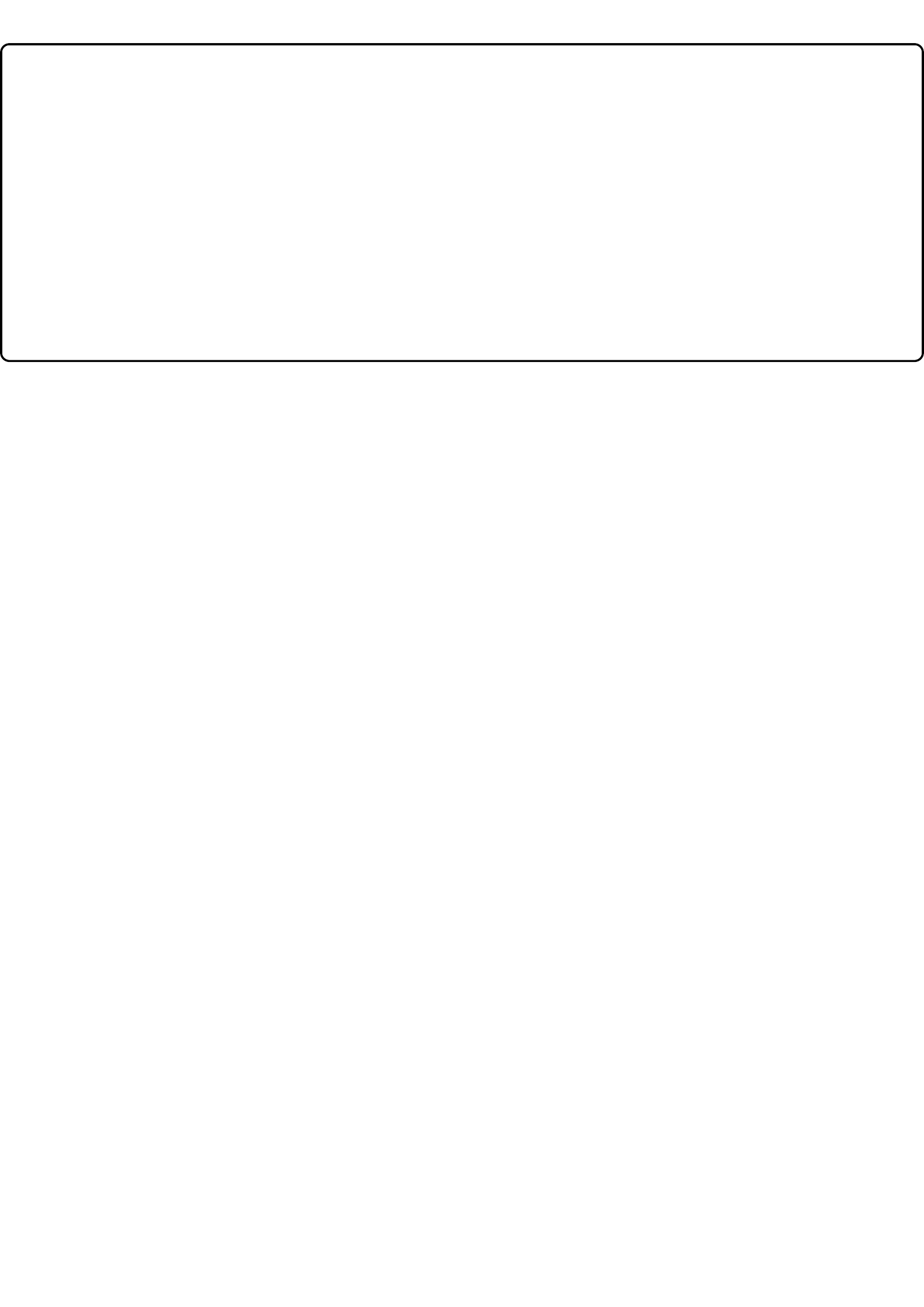
PRESSURE POINTS

1. What moments pushed you closest to burnout? Reflect on the situation, what caused it to happen, how it made you feel, and your reactions.

2. What habit(s) helped you cope with the hard times?

3. Which habits do you wish to leave behind in 2025?

4. What moments pushed you closest to burnout?



THE 86 PERSONAL COMPASS

Self-reflection for culinary professionals



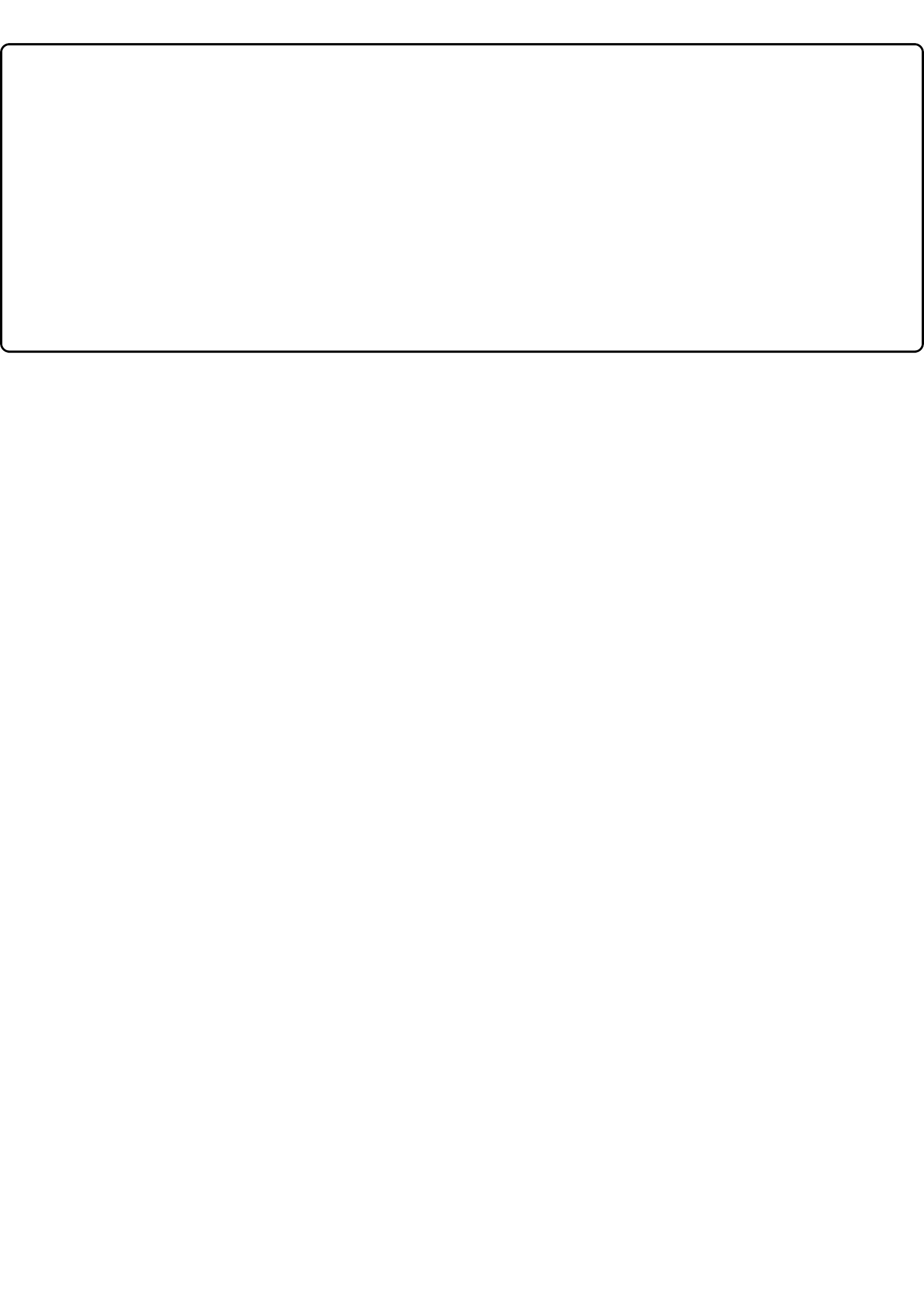
LET GO THE 86 LIST

1. What are you no longer willing to normalize in 2026?

2. What behaviors (from others or yourself) are now a hard no?

3. What version of “industry culture” do you refuse to carry into 2026?

4. List all the excuses you are officially 86'ing in 2026. Think about all the patterns that keep showing up and you can no longer ignore. This is where change happens



THE 86 PERSONAL COMPASS

Self-reflection for culinary professionals



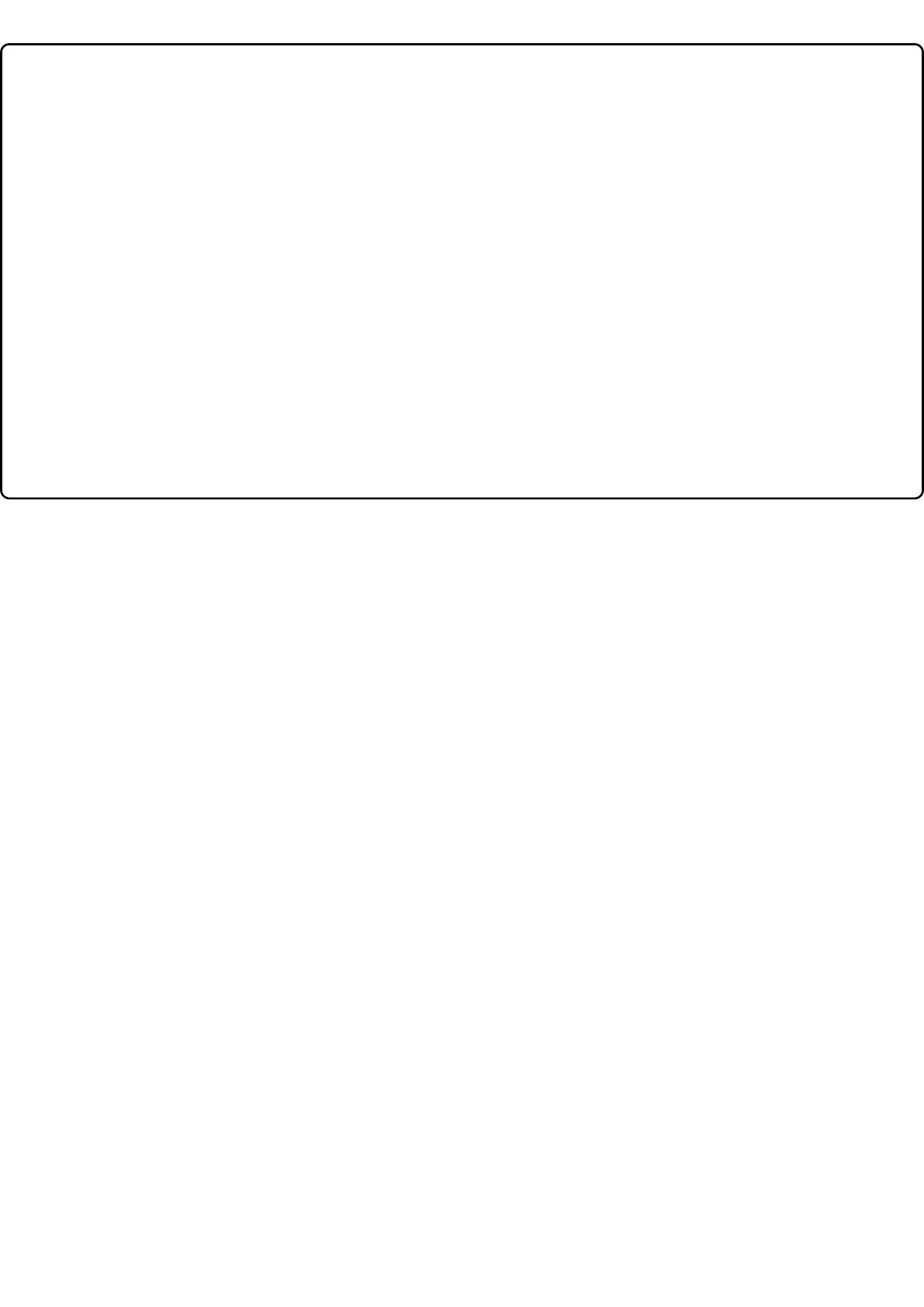
2026 MISE EN PLACE

1. What do you want more of in 2026? Be bold, don't hold back on your dreams.

2. If nothing else changes, what is the one thing that must change in 2026?

3. How does your "healthiest" version look like in 2026?

4. Time to get inspired and describe what would a good year would feel like (not just look like). Be as descriptive and flexible as you'd like, if you'd rather draw, color, vision-board or even do a voice note on your phone. Don't feel limited and let loose.



THE 86 PERSONAL COMPASS

Self-reflection for culinary professionals



THE NON-NEGOTIABLES FIRST SHIFT

1. Imagine yourself at the end of 2026. Write to that version of yourself. What do you want them to remember? What do you hope they protected? What mattered?

2. Write 3 to 5 non-negotiables for 2026

3. What support do you need for those?

4. How will you know you're slipping and what will you do?

5. What is the first small action you'll take in January?

