

# MO HAGAN

INSPIRING POSITIVE CHANGE WORLDWIDE



# MO'ment of Arrival: From Awakening to Abundance in the Year of the Horse 2026

## WORKBOOK

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# Message from Mo



## Mo Hagan

As we step into 2026, the Year of the Horse, I want to invite you to MO've with intention, presence, and courage. The Horse carries a powerful energy: freedom grounded in strength, momentum born from trust. It doesn't rush, and it doesn't hesitate. It moves when alignment is felt, when instinct and intention are in conversation. This year, I hope you will step forward from readiness, honoring all the preparation, reflection, and growth that has already brought you here.

Let your body, your values, and your direction travel together. This is a year to move with clarity, courage, and trust in yourself!

Through four themes we'll explore a journey together, a path designed to help you arrive, align, show up authentically, and step into abundance. Each week will focus on one word, one theme, one invitation:

**Arrival: You're not becoming. You're Claiming**

**Alignment: Moving in the same direction as your values and your energy.**

**Authenticity: Showing up as your true self, with courage and clarity.**

**Abundance: Recognizing the state you've been preparing for and claiming it fully.**

Each theme builds on the last, guiding us toward **Arrival** — the conscious choice to stand in your next level with presence, power, and intention. I'm excited to share this journey with you and to invite you to move forward with me into what 2026 has in store.

Cheers,

*Mo*

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# ARRIVAL: You're Not Becoming, You're Claiming

There is a MO'ment in life when you realize you are no longer preparing, pushing, or proving yourself. You're no longer chasing a future version of you. You've arrived.

Arrival isn't loud. It doesn't show up with fireworks or finish lines. It's quieter than that. It's like a deep exhale after years of effort. It's the grounded knowing that you're standing in a version of yourself you once imagined, not because everything is finished, but because something essential has settled.



As we step into 2026 — the Year of the Horse — the energy is one of MO'mentum, courage, and forward MO'vement. The Horse MO'ves with instinct and trust. Once it commits, it doesn't hesitate. It runs because it knows where it's going. This isn't frantic motion; it's aligned MO'mentum that is driven by clarity rather than chaos.

Arrival is often misunderstood as an ending. We might think of it as a destination or a pause from striving. But true arrival is different than this illusion. Arrival is when your internal world begins to match your external life. When your values, choices, body, and work move in the same direction. It's when you stop trying to outrun fear and learn how to MO've with it.

In 2025, I learned this distinction through my body. Training for and competing in HYROX Women's Open wasn't just a physical goal; it was a conversation with fear — the fear of not being ready, not being enough, or being fully seen in the effort. Stepping onto that start line wasn't about proving anything to anyone else. It was about arriving in my own strength and confidence (MO'st of the time).

Before arrival shows up in our careers, leadership, or relationships, it shows up in our bodies. It feels like strength without rigidity, confidence without bravado, and calm without complacency. Physiologically, arrival is nervous system safety. That is, when the body stops bracing for what's next and begins to trust what's now. This is why MO'vement has always been my compass. In 2025, training became less about chasing outcomes and more about presence. Breath became grounding. Recovery became an act of respect.

Arrival doesn't mean you stop striving. It means you stop abandoning yourself in the process and start being MO're in the MO'ment especially when you face fear. Arrival happens the MO'ment you stop negotiating with fear, you welcome fear and start MO'veing forward.

The Horse doesn't wait for permission. And neither should you. You don't need to become ready in 2026. You need to arrive in the readiness you've already built. The readiness that you have gained through your experiences, lessons, resilience, and body of work.

This season isn't about reinvention. It's refinement. Arrival isn't a transformation. It's a homecoming.

## Reflection: Where Have You Already Arrived?

Before setting new goals or mapping the year ahead, pause and reflect. Ask yourself:

1. Where have I already arrived — even if I haven't acknowledged it yet?
2. What strength do I now carry that I didn't have a year ago?
3. What am I ready to claim instead of chase?

Momentum without arrival leads to burnout. Arrival becomes the foundation for powerful, sustainable movement forward. You're not behind. You're not late. You've arrived.

# ALIGNMENT: When What You Do, How You Live, and Who You're Becoming Finally Match

Alignment isn't about doing more. It's about moving in the same direction as your values on purpose. After Arrival, there's often a quiet moment that most people rush past. This is a pause where the external milestones have been met, but an internal question lingers: "Now that I'm here... does this still fit?"

In 2025, I arrived in many ways. I crossed a physical finish line that once felt impossible. I moved through fear, doubt, and the stories we tell ourselves about age, limits, and timing. Training for and completing HYROX Toronto wasn't just a physical goal — it was a declaration. A reminder that strength is built through commitment, not convenience.

What surprised me most wasn't the race itself. It was what came next. Reaching a milestone without alignment can feel disorienting. You arrive but instead of clarity, there's a restlessness. Energy doesn't settle. Momentum feels forced. When you feel this way, it's often a signal that motivation alone isn't enough anymore.

Alignment matters more than motivation because motivation burns quickly. Conversely, alignment sustains. Alignment isn't something you think your way into. It's something you feel your way into — in your body, your energy, and your choices.



In my work as a physiotherapist, movement specialist, leader, and advocate, I have seen this pattern repeatedly. When the body becomes misaligned, compensation shows up as pain, fatigue, or injury. The same is true in our lives and in our careers. When we're out of alignment, the signals are there: burnout, irritability, low-grade anxiety, or a quiet, persistent knowing that something needs to shift.

Over the final six months of 2025, I began listening more closely to those signals. I slowed down; not to stop, but to recalibrate. I stopped asking, "What's next?" and started asking, "What's true now?" and "What's best for me at this stage?" I gave myself permission to move forward with trust, without having all the answers or needing to justify every decision.

That's alignment — coherence between body, energy, values, and direction. Interestingly, my HYROX training mirrored this process exactly. Progress didn't come from pushing harder every day. It came from structure, pacing, recovery, and intentional effort. Training taught me when to push and when to pull back. This was a lesson that translated directly into my career evolution and leadership choices.

In this season, alignment has meant honouring my physical strength and my need for recovery. It's meant letting go of roles, timelines, and expectations that once made sense, but no longer fit who I'm becoming. By creating space, I'm allowing a new chapter of leadership to emerge, one rooted in influence, advocacy, and meaningful impact rather than constant execution.

What is one of the clearest signs alignment is present? Energy returns. Not the frantic, adrenaline-fueled kind, but the steady, grounded energy that sustains you. As I step into 2026, I feel aligned not because everything is decided, but because my values, actions, and direction are moving together.



# Reflection: Where Are You Already Aligned?

Alignment doesn't require certainty. It requires honesty that is practiced daily. So, as you move into this year, pause and reflect:

1. Where are you forcing momentum instead of creating alignment?
2. What strengthens you — and what quietly drains you?
3. What does aligned effort feel like in your body and your work?

Alignment is the bridge between who you've been and who you're becoming. And when you cross it, movement stops feeling heavy and starts to feel powerful.



# AUTHENTICITY: Owning Who You've Become (and Who You're Becoming)

There comes a point in every meaningful journey where growth demands more than effort. It demands honesty. Authenticity isn't about becoming someone new. It's about removing what no longer fits.

In 2025, I learned this lesson in my body as much as in my work. Training for and competing in HYROX wasn't just a physical challenge; it was a personal reckoning. It required me to stop hiding behind what was comfortable, familiar, or expected, and instead ask a deeper question: "What does it look like to fully show up as myself, strong, capable, evolving without apology?"

Authenticity, I've learned, is not passive. It's an active choice, made daily. Authenticity is embodied. We often talk about authenticity as a mindset, but the truth is this, your body knows long before your mind does. When I committed to a bold physical goal in 2025, I couldn't negotiate with excuses. My training demanded presence, discipline, and integrity.

I had to meet myself honestly on tired days, uncomfortable days, and days when fear whispered that maybe this wasn't for me... or that I was too old to be here. And yet, every time I showed up anyway, something shifted. I wasn't proving anything. I was remembering who I was.

This is the same process many of us experience in our careers, relationships, and leadership. Authenticity asks us to align our actions with our values even when it feels vulnerable.



# Let Go of Old Labels

One of the quietest and bravest challenges of growth is releasing identities that once served us well. In 2025, I began a slow, intentional evolution in my career. Not a dramatic leap, but a thoughtful recalibration. I questioned roles, responsibilities, and expectations I had carried for years. I asked myself:

Where am I saying yes out of habit instead of alignment?

Where am I shrinking to maintain comfort?

What truth is asking to be expressed next?

Then, in the first weekend of January, I took this reflection out of my head and into action, making space for authenticity. See page 12 for my "[Brave Release Exercise](#)".

## The Energy of the Horse

As we move into 2026, the Year of the Horse, this energy becomes even more potent. The Horse symbolizes freedom, strength, momentum, and honest expression. It invites us to move forward unburdened by what we have outgrown.

Authenticity doesn't ask us to run faster. It asks us to run lighter. Authenticity Is Not Perfection. And please know that authenticity does not mean having it all figured out. It means speaking your truth while still learning, leading while still evolving, and taking action even when the path isn't fully mapped out for you.

In my own journey, authenticity has looked like saying: "I don't have all the answers, but I trust myself to find them." That trust is earned through experience, reflection, and the willingness to listen to your body, your intuition, and your values.

# Reflection: How Are You Being Authentic?

As we continue this workbook and prepare for the year ahead, I invite you to pause and reflect:

1. Where in your life are you being asked to show up more honestly?
2. What version of yourself is ready to be released?
3. What truth feels a little uncomfortable but deeply right?

Authenticity is not the loudest voice in the room. It is the clearest one. And when you choose it, you create space for alignment, abundance, and arrival.

## Closing Thought

Authenticity isn't something you find. It's something you practice one brave choice at a time. And the more you practice it, the more unstoppable your journey becomes.



# Brave Release Exercise: Making Space for Authenticity

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1

## Set the Stage

Choose a quiet space where you can think and reflect without interruptions for 30 minutes. Have a notebook, a pen, and if possible, a small area of your home, office, or digital files you're ready to declutter.

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2

## Reflect

Ask yourself:

- What roles, responsibilities, or labels am I holding onto out of habit, comfort, or nostalgia?
- Which of these no longer align with who I am becoming?
- What is weighing me down or keeping my energy stuck?

Write your answers honestly—no editing, no judging.

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3

## Take Action

Choose one tangible area to release this week: a physical space (office, closet, drawer), a digital space (files, emails, apps), or even a commitment or obligation. Let go intentionally. Thank it for what it gave you, then create space for what's next.

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4

## Embody the Release

Notice how your body feels after the release. Is there relief, lightness, steadiness? Pause, breathe, and affirm: **“I make space for alignment, authenticity, and abundance in my life.”**

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5

## Reflect & Integrate

Journal about what this release teaches you about your values, priorities, and next steps. Notice where authenticity naturally begins to show up in your choices, energy, and actions.

# ABUNDANCE: The MO'ment You Arrive

Abundance is not something you chase. It's something you step into.

For many of us, abundance has been understood as accumulation; having more success, more recognition, more certainty, more proof. But real abundance isn't louder or heavier. It's steadier. Quieter. More embodied. Abundance is a state; the moment you recognize that your energy, experience, values, and capacity are finally moving in the same direction. And when you step into that state, something powerful happens. You arrive.

## What Abundance Really Is

Abundance is not about having everything figured out. It's about knowing you have enough wisdom, enough strength, and enough judgement to move forward with intention. Abundance feels like being grounded rather than urgent, clear instead of always questioning, and making choices out of freedom rather than obligation—it's the internal shift from constantly pursuing to simply being present.

In this workbook, we've moved through:

**Arrival** — becoming aware that you have already arrived

**Alignment** — choosing consistency between values, body, and direction

**Authenticity** — releasing old identities to live more truthfully

**Abundance** is what becomes possible because of that work. It's not the reward but rather the result.

# Stepping Into Abundance

In my own journey through 2025, abundance didn't arrive through adding more. It came through judgement. Through letting go. Through trusting my body, my timing, and my experience.

Abundance showed up as clarity in my decisions, energy that felt steady rather than frantic, and confidence rooted in lived experience instead of validation.

For me, stepping into abundance means I'm no longer striving or proving myself but instead settling into who I am. Growth isn't something I'm constantly reaching for; it's part of my everyday experience. Abundance isn't about getting more or going bigger, it's about feeling truly aligned and whole inside.

## When Abundance Becomes Arrival

Arrival is the moment you intentionally embrace where you are, without waiting for permission, holding out for perfection, or downplaying the progress you've made.

Arrival is the moment you say, "This is mine to stand in, I trust what I've built, and I am ready for what's next." Arrival doesn't require certainty. It requires presence.

As we move into 2026 — the Year of the Horse — this distinction matters. The Horse symbolizes freedom, stamina, momentum, and instinctual power. It doesn't scatter its energy. It moves forward with clarity and trust.



# Reflection: Are You Ready to Embrace Abundance?

If you're ready to step into abundance and truly claim your arrival, try this mindful sequence:

<u>Step</u>	<u>Reflection Prompt</u>
<b>Pause</b>	Before you move forward, take a moment to breathe and settle.
<b>Reflect</b>	Consider: What experiences, lessons, and inner shifts have prepared you for this moment?
<b>Integrate</b>	Ask yourself: What boundaries, practices, or rhythms support your energy and alignment?
<b>Visualize</b>	Imagine: What does abundance feel like in your body — calm, energized, spacious, steady?
<b>Claim</b>	Consider: What would change if you stopped waiting — and chose to arrive now?

## Closing Thought

Abundance becomes real when your life aligns with who you are, and you claim it in the present MO'ment, not someday or later, but now by standing fully where you are instead of striving for the next level.

# The Arrival Manifesto

I arrive grounded — not rushed.

I arrive aware — not asleep to my own power.

I no longer chase what drains me.

I choose what sustains me.

I honor the versions of myself that brought me here

and I release what no longer fits who I am becoming.

I trust my body, my timing, and my lived experience.

I move with intention, not urgency.

I claim abundance as a state not a finish line.

I choose alignment over approval.

Truth over performance.

Presence over pressure.

I arrive not because everything is decided,

but because I am ready.

This is my next level.

And I stand in it fully.

# Closing Exercise: Bridging Four Themes with Your 2026 Journey

As you reflect on the journey outlined in this guide—Arrival, Alignment, Authenticity, and Abundance—you've already begun to lay the foundation for a year of conscious growth and empowered choice. Each theme invites you to notice what's ready to emerge, move in harmony with your values, show up as your true self, and claim the abundance you've prepared for.

Now, as you look ahead to the months of the Horse-Year, it's time to weave these deeper insights into the rhythm of your year. Below, you'll find a set of monthly themes designed to carry forward the energy and focus you've cultivated by going through this workbook. This exercise invites you to connect the wisdom of Awakening, Alignment, Authenticity, and Abundance with the evolving journey each month offers.

## Integration Exercise

- 1. Reflect:** Revisit your notes and insights from each of the four themes. What core lessons, values, or intentions have emerged for you?
- 2. Connect:** Review the Suggested Monthly Themes for 2026 on the next page. For each month, consider how your personal growth aligns with the energy focus for that time. For example, in January ("Arrival: Claim your next level, set intentions"), how does your experience with Awakening shape the intentions you set?
- 3. Map Your Journey:** Using the list below, jot down one action, intention, or mantra for each month that blends the theme insights with the monthly focus. For example: Where does Abundance prepare you for Expansion in April? How will Alignment support your routines in May? How might Authenticity empower you to show up in June?
- 4. Commit:** Close this exercise by choosing one guiding word or phrase for the year ahead, informed by your reflections, something that will anchor you through all the shifts and growth to come. For example: **"MO'ment of Arrival: From Awakening to Abundance in the Year of the Horse".**

# Mo's Monthly Themes for 2026 (Horse-Year Energy)

<b>Month</b>	<b>Theme / Energy Focus</b>
January	Arrival: Claim your next level, set intentions
February	Flow: Embrace movement and adaptability
March	Momentum: Build energy and forward action
April	Expansion: Open to abundance and opportunity
May	Alignment: Refine routines, goals, and priorities
June	Authenticity: Show up fully as your true self
July	Strength: Focus on resilience and physical vitality
August	Creativity: Harness inspiration and innovation
September	Reflection: Assess progress and recalibrate
October	Integration: Combine lessons, habits, and insights
November	Gratitude: Celebrate wins, cultivate joy
December	Celebration: Close the year consciously, honor growth

# Closing Thought

Let this closing exercise be your bridge between the deep work you've done and the empowered journey ahead. By consciously linking the themes of your personal transformation to the energetic focus of each month, you'll move into 2026 with intention, clarity, and confidence—ready to MO've forward with the spirit of the Horse guiding your way.

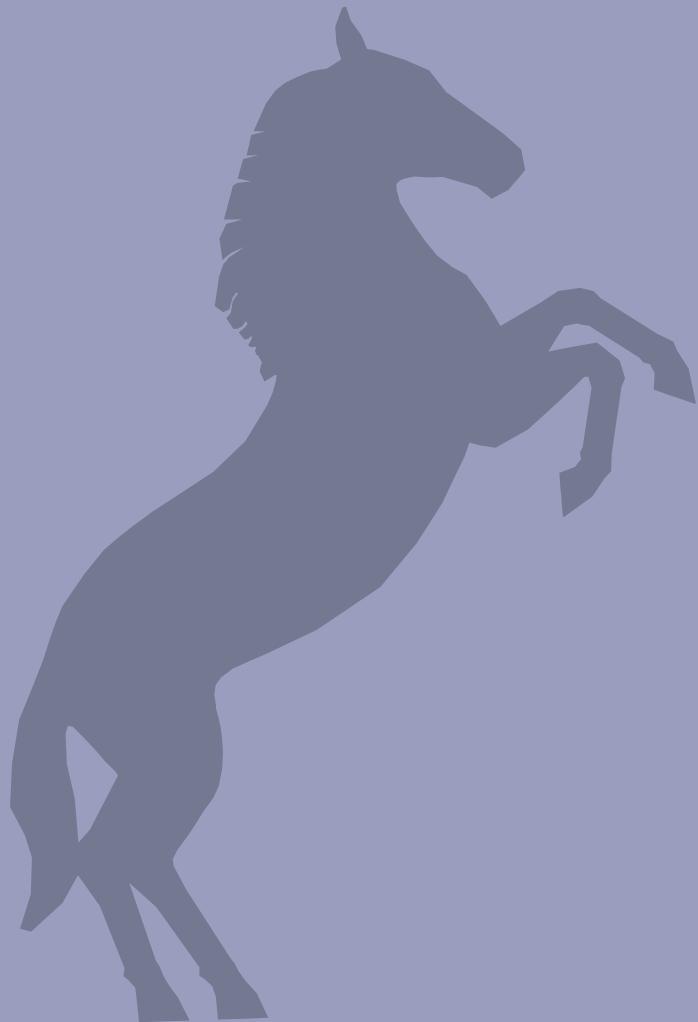
Cheers to your Arrival,  
Mo



If you feel called to share reflections, questions, or your own moments of arrival, I'd love to hear from you. Connect anytime at [www.mohagan.com](http://www.mohagan.com) or reach out directly - your journey inspires mine.

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