

# Times of My Life Launches New Year's Resolutions 2026 Story Feature

*Virtual Biographer Helps Users Define, Plan, and Personalize Their Goals for the Year Ahead*

LAKWOOD RANCH, FL, UNITED STATES, January 6, 2026 /EINPresswire.com/ -- Times of My Life, the interactive life-story platform that empowers individuals to capture and reflect on their most meaningful experiences, today announces the release of an inspiring new story topic: [New Year's Resolutions 2026](#). Available now at <https://stories.timesofmy.life/topic/resolutions>, this feature guides users through a thoughtful journey of intention, clarity, and goal-setting for the year ahead.

As we enter 2026, many people are seeking more than just a list of resolutions—they are looking for purpose, direction, and a practical path forward. Recognizing this need, Times of My Life has developed a self-guided story designed to help users explore what matters most to them, articulate aspirations, and build a realistic plan for growth and fulfillment.

"At its core, setting resolutions is about more than ambition—it's about understanding who you want to become and how you plan to show up in your own life," said Michael O'Donnell, creator of the Times of My Life app. "The New Year's Resolutions story topic invites reflection and action in equal measure, helping users transform intention into tangible progress."

The centerpiece of this new feature is the [Times of My Life Virtual Biographer](#)—an intelligent interview guide that engages users in a conversation about their hopes, goals, and priorities for the coming year. Through a series of thoughtful prompts, the Virtual Biographer helps users:

- \* Explore what they want to change or accomplish in 2026
- \* Identify personal values and priorities
- \* Define specific, realistic objectives
- \* Develop actionable steps for achieving their goals



Based on responses from the interview experience, the Virtual Biographer then writes and formats a personalized resolution plan—a narrative roadmap that reflects each individual's unique aspirations. Users can revisit, revise, and even print their custom plan as a tangible keepsake or motivational tool.

"By combining reflective storytelling with goal-planning, we've created a truly meaningful way for people to envision the year ahead," Michael O'Donnell added. "It's not just about setting resolutions; it's about understanding why they matter, and having a personalized plan to help bring them to life."

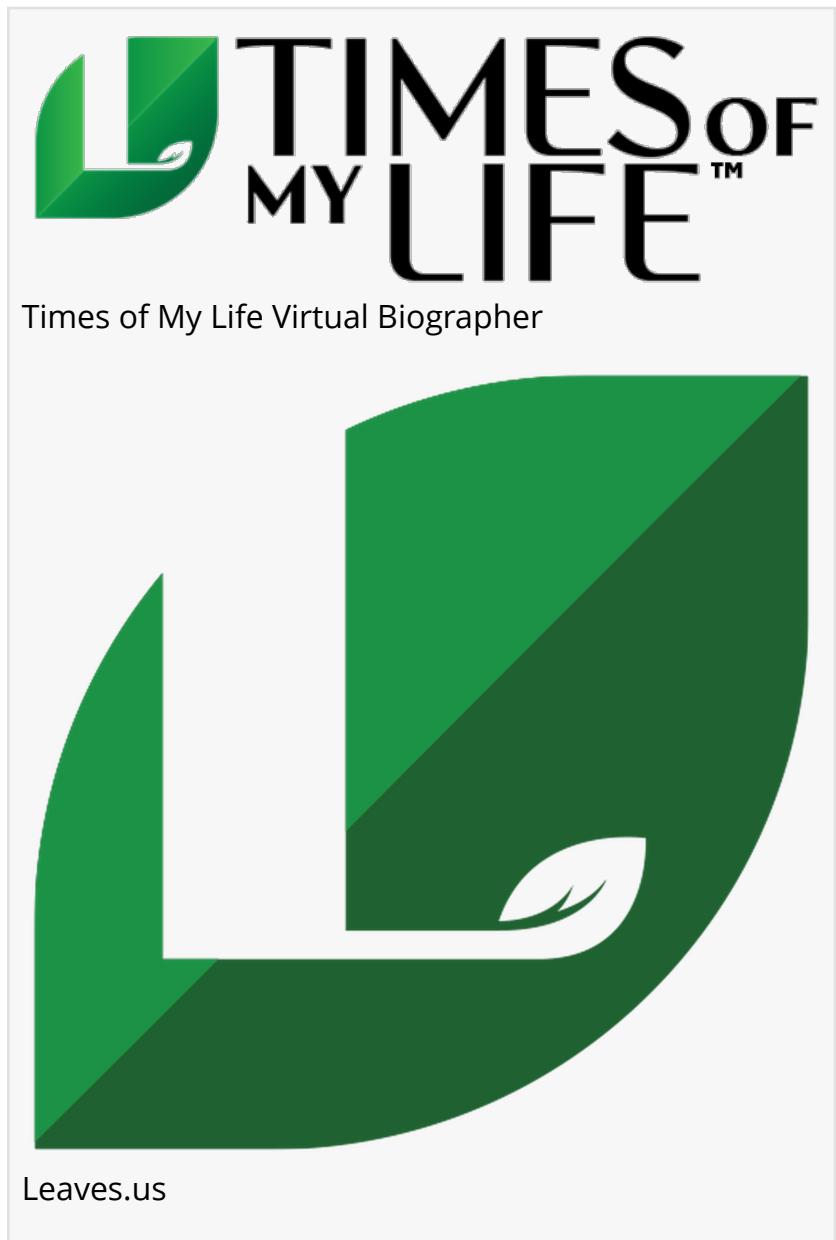
Research and personal development experts emphasize that resolutions are most effective when they are rooted in self-understanding, supported by clear plans, and revisited consistently. The New Year's Resolutions 2026 experience gives users all three:

- \* Insightful reflection through guided questioning
- \* Structured planning via a tailored narrative plan
- \* Accessible motivation with a story format that resonates emotionally

Whether users are focused on health, career, relationships, personal growth, or balance, the Times of My Life New Year's Resolutions feature provides a deeply personal foundation for approaching the year ahead with confidence and intentionality.

#### About Times of My Life

Times of My Life is a digital platform dedicated to preserving personal stories, reflections, and life milestones through guided narrative experiences. With intuitive tools and intelligent prompts, it helps individuals capture rich, meaningful accounts of their lives and share them as part of a lasting legacy. Times of My Life is one of a series of programs sponsored by the [Leaves Legacy Project](#), a Public Benefit Corporation.



The image contains two logos. The top logo is for "TIMES of MY LIFE" with a stylized green leaf icon. The bottom logo is for "Leaves.us" with a large green leaf icon.

**TIMES of  
MY LIFE™**

Times of My Life Virtual Biographer

**Leaves.us**

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*Mike O'Donnell*

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