



YEAR END  
REFLECTION  
GUIDE

*plan your best year*

# Reflect on your year

THESE THINGS INSPIRED ME:

THINGS THAT MADE ME HAPPY:

BIGGEST ACCOMPLISHMENTS AND WINS:

MOST MEANINGFUL MEMORIES:

PLACES THAT I VISITED:

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# Personal Growth & Learning

WHAT NEW SKILLS DID YOU GAIN?

HOW DID YOU LEARN THEM?

WHAT COURSES DID YOU COMPLETE?

WHAT BOOKS DID YOU READ?

WHAT WERE THE KEY LESSONS OR TAKEAWAYS?

HOW HAVE YOU IMPROVED OR EXPANDED YOURSELF?

# Emotions & Hardships

WHAT WERE SOME OF THE MAJOR CHALLENGES OR SETBACKS YOU FACED?

WHAT WERE YOUR HIGHS AND LOWS?

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HOW DID YOU GROW FROM CHALLENGES? WHAT SUPPORT DID YOU NEED?

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DID ANYTHING ROCK YOUR CONFIDENCE THIS YEAR? HOW DID YOU REBUILD IT?

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HOW DID YOU GIVE YOURSELF GRACE AND NOURISHMENT DURING HARD TIMES?

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# Give Gratitude

WHAT NEW RELATIONSHIPS OR CONNECTIONS ARE YOU GRATEFUL FOR?

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WHO WERE THE PEOPLE THAT MADE THE BIGGEST POSITIVE IMPACT IN YOUR LIFE THIS YEAR?

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WHAT WERE YOUR MOST MEMORABLE MOMENTS OR NEW EXPERIENCES FROM THE YEAR?

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HOW CAN YOU EXPRESS GRATITUDE FOR WHAT YOU HAVE IN YOUR LIFE RIGHT NOW?

# Reflection Questions

WHAT'S SOMETHING FROM THIS PAST YEAR THAT I'M PROUD OF?

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WHAT'S A GOAL I ACCOMPLISHED THIS PAST YEAR?

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WHAT'S SOMETHING I WAS SCARED TO DO BUT DID ANYWAY?

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WHAT WAS MY GREATEST CHALLENGE AND HOW DID I HANDLE IT?


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A woman in a white dress is shown falling through a dark, starry space. She is positioned centrally, with her arms and legs outstretched. The background is filled with various floral and leaf patterns in shades of blue, purple, and orange. A large, light-colored oval frame surrounds the woman, and the quote is written in a cursive font within this frame.

*“Our greatest  
glory is not in  
never falling,  
but in rising  
every time we  
fall.”*



# Reflection Rituals

*Meaningful reflection rituals to end your year.*

## JOURNALING

Spend time free writing about your thoughts, feelings and experiences from the past year.

## VISION BOARD

Cut out inspiring images, words, quotes to create a collage representing your hopes for the new year.

## CANDLE CEREMONY

Light a candle and reflect on what you want to let go of and manifest for the future as the flame flickers.

## WALKING MEDITATION

Go for a long contemplative walk to clear your mind and reflect. Bring along a small notebook to jot down insights.

## REFLECTION JAR

Write down memories, insights, or gratitude on slips of paper and place them in a jar to review at the year's end.

## REFLECTION LETTER

Write a letter to yourself synthesizing what you learned and experienced over the year. Read it on New Year's Eve.

# *Looking Ahead*

WITH WHAT YOU LEARNED FROM THIS YEAR, WHAT DO YOU WANT NEXT YEAR TO LOOK LIKE?

WHAT GOALS OR DREAMS WILL YOU WORK TOWARDS?

WHAT DAILY HABITS OR ROUTINES DO YOU  
WANT TO CHANGE OR ESTABLISH?

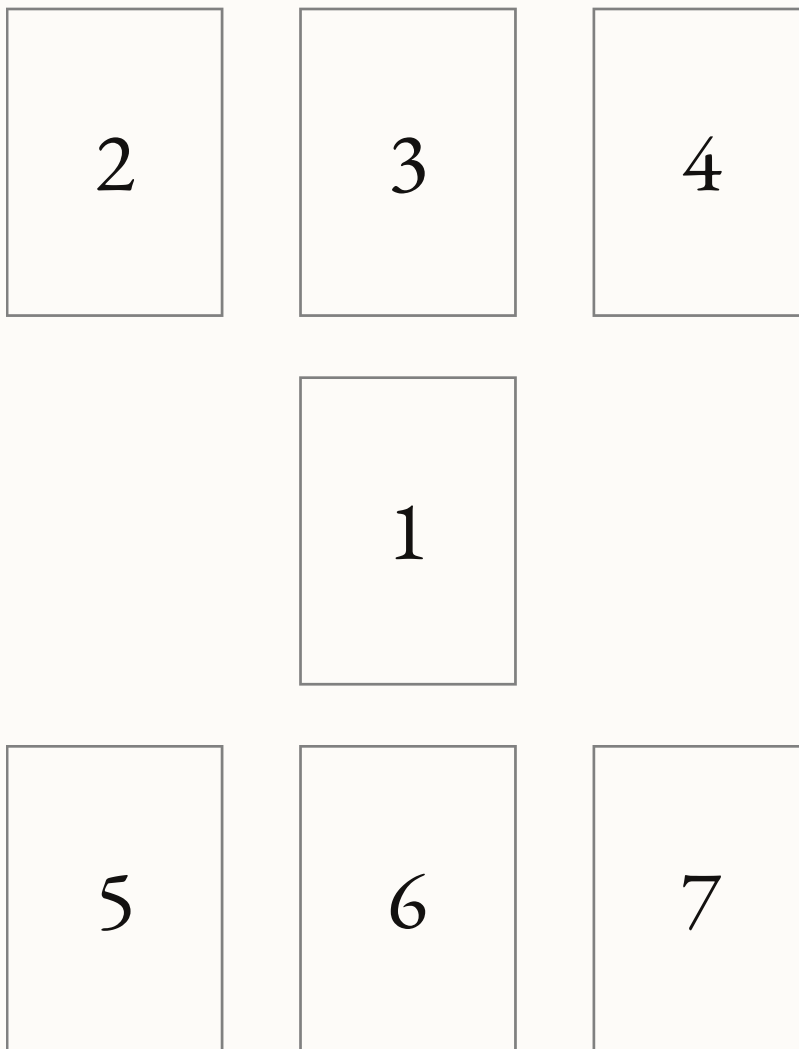
HOW WILL THESE IMPROVE YOUR LIFE?

WHAT ADVICE WOULD YOU GIVE YOUR FUTURE SELF A YEAR FROM NOW?

# Notes

A series of 18 horizontal grey bars, stacked vertically, intended for writing notes. Each bar is a solid light grey color and is separated from the next by a small white gap.

# New Year Spread



1. **Lessons Learned** - What was the biggest lesson or insight from this past year?
2. **Release** - What are you ready to let go of or leave behind in the old year?
3. **Gratitude** - What are you most grateful for right now as you reflect on the past year?
4. **Growth** - How do you want to grow, expand, or challenge yourself in the coming year?
5. **Relationships** - What connections do you want to nurture and deepen in the new year?
6. **Intention** - Set an intention or focus word to guide you through the coming year.
7. **Potential** - What is waiting to emerge or be discovered in yourself or your life over the next year?



*Thank  
you!*