

# MY 2025 REFLECTION GUIDE

1. What is one accomplishment from this year that you're most proud of, and why?

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2. What was the biggest challenge you overcame this year, and what did it teach you about yourself?

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3. Who or what brought you the most joy this year, and how can you nurture more of that in the new year?

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4. What habits, patterns, or relationships no longer serve you, and how can you let them go?

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5a. On a scale of 0 - 10, how well did you embody the person you wanted to be this year?

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

5b. What steps will you take to start or continue to embody that person in the new year?

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