



Yearly Audit

G U D I E D
W O R K B O O K

***Reflect on the Last Year
Intentionally Design the Next***

Welcome

This guided workbook is designed to help you pause, reflect, and intentionally review the year behind you — without judgment.

You'll look at habits, moments, lessons, and emotions so you can step into 2026 with clarity and purpose.

Small
steps
every
day

Step 1: Looking Back at 2025

Use a few words to describe your year overall:

What surprised you most about this year?



Step 2: Habits & Routines

What habits supported you this year?

What habits drained you or fell away?

PROGRESS
- NOT -
Perfection

Step 3: Highs & Lows

Highs — moments that brought joy, pride, or connection:

Lows — challenges, losses, or hard seasons:



Step 4: Lessons Learned

What did this year teach you about yourself?

Be
CURIOUS
AND
Learn

Step 5: Looking Ahead to 2026

What do you want to START in 2026?

What do you want to STOP in 2026?

What do you want to CONTINUE in 2026?



Your Word or Intention for 2026

Return to this workbook throughout the year whenever you need grounding, clarity, or a reminder of what matters most.

