

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.



Step 1: Looking Back at 2025

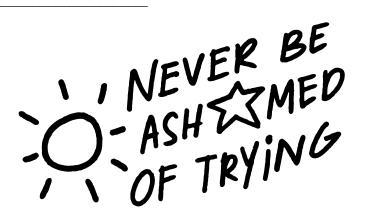
Use a few words to describe your y	ear overall:
What surprised you most about this	s year?



Step 2: Habits & Routines What habits supported you this year? What habits drained you or fell away?

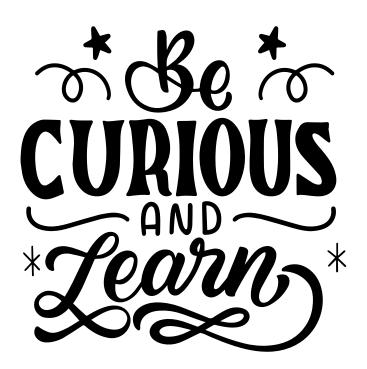
Step 3: Highs & Lows

Highs — moments that brought joy, connection:	pride, or
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	-
Lows — challenges, losses, or hard	seasons:
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	-



Step 4: Lessons Learned

What did	this year	r teach yo	ou about y	ourself?



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.

