

2025 Reflections

Celebrate your wins & highlights of 2025

3 things most grateful for

Your favourite memory

When you had the most fun

Your proudest achievement

New experiences you had

Most consistent habits

Best use of your time

Biggest transformation

Most valuable relationship

Your most delightful surprise

In a word describe each of the following based on this year so far...

Work/Business/Career

Education/Learning

Family

Friends

Purpose & Meaning

Hobbies & Interests

Finances

Health & Wellbeing

Your Personal Growth & Self-Discovery

When did you most feel...

Joy or fulfilment?

Your authentic self?

Calm and at peace?

Passionate and excited?

A sense of growth?

Good moving your body?

In flow state?

2025 Reflections

Challenges, Lessons & Letting Go

Toughest thing you experienced

Your biggest mistake

Your greatest regret

Biggest lessons learnt

Single biggest time waster

Habit still working on

Advice you'd give self one year wiser

Biggest challenge overcame

What do you need to release

Boundaries you need to tighten up

Relationships, Role Models and Values

What do you forgive yourself for?

Who do you need to forgive?

Who had biggest impact on your life

3 role models from 2025 and why

Identify core value you admire in each

How did you demonstrate these values?

How did you show up for others?

Who will you make more time for in 2026?

Additional Notes

2026 Aspirations

Goals & Aspirations for 2026 - In a word set intentions for each area...

Work/Business/Career

Education & Learning

Family

Friends

Purpose & Meaning

Hobbies & Interests

Finances

Health & Wellbeing

Strategy: How you'll get there

In order to achieve your goals, what do you need to...

Do more of?

Do less of?

Really challenge yourself to?

Vision for your Future

Describe your life in 12 months from now...

Where are you?

Who are you with?

How do you spend your time?

How do you feel?

What does a thriving life look like?

What will you be making more time for?

Commitment & Accountability

What's your one key word or mantra for 2026?

How will you know if you've achieved your goals?

If there's one thing you want to be held accountable to, it's...