



End of Year

Release, Renew,

Reset

2024

REVIEW

WHAT SMALL THINGS MADE ME SMILE THIS YEAR?

WHAT BROUGHT ME JOY?

WHAT (OR WHO) FELT LIKE SUNSHINE TO ME?

WHAT BROUGHT ME GRIEF?

WHAT DID I LEARN ABOUT MYSELF THIS YEAR?

HOW AM I FEELING AS THE YEAR COMES TO AN END?

IS THERE ANYTHING I CAN THANK MYSELF FOR DOING THIS YEAR?


2024

DEEP DIVE

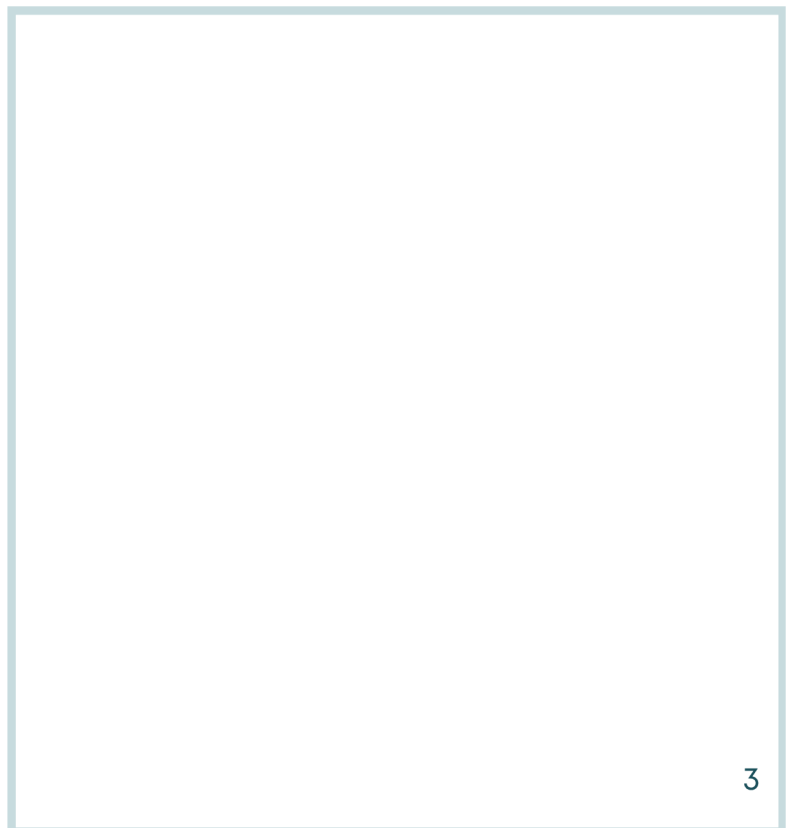
TEN MAJOR EVENTS OF THE YEAR



WHAT REALLY MATTERED TO ME IN 2024?



WHAT DID NOT MATTER TO ME IN 2024?



2025

ASPIRE

WHAT WOULD I LIKE TO CARRY WITH ME INTO 2025

WHAT PRACTICES WILL GUIDE ME FORWARD?

WHAT WOULD I LIKE TO LET GO OF?

WHAT VALUES WILL INSPIRE ME?

IF I COULD DO ANYTHING IN 2025 WITH NO EXPECTATIONS, JUDGMENTS OR RULES - WHAT WOULD I DO?

ANY SPECIFIC GOALS FOR 2025?

2025

OVERCOME

DO I FEEL STUCK IN ANY ASPECT OF MY LIFE?

IS THERE ANYTHING I WOULD LIKE TO LET GO OF, BUT FEEL UNABLE TO?

WHAT IS ONE SMALL STEP I COULD TAKE TO FEEL A BIT MORE FREE OR IN CONTROL?



I TRUST THAT EVEN SMALL STEPS WILL LEAD ME TOWARD FREEDOM AND GROWTH.

I AM ALLOWED TO TAKE MY TIME AND FIND MY OWN PATH FORWARD.

I RELEASE THE BELIEF THAT I MUST HAVE ALL THE ANSWERS RIGHT NOW.

2025

THOUGHT DOWNLOAD

HERE IS A LIST, IN NO PARTICULAR ORDER, OF ALL THE ODDS AND ENDS I AM HOLDING IN MY BRAIN AND HEART AS I MOVE INTO A NEW YEAR.

A large, empty rectangular box with a thin, light blue border, intended for the user to write down their thoughts and odds and ends for the year 2025.

Your Nervous System

FEEL

WHAT SIGNALS DOES MY BODY GIVE ME WHEN I'M FEELING STRESSED OR OVERWHELMED?

WHAT ACTIVITIES OR ENVIRONMENTS HELP ME FEEL SAFE AND GROUNDED?

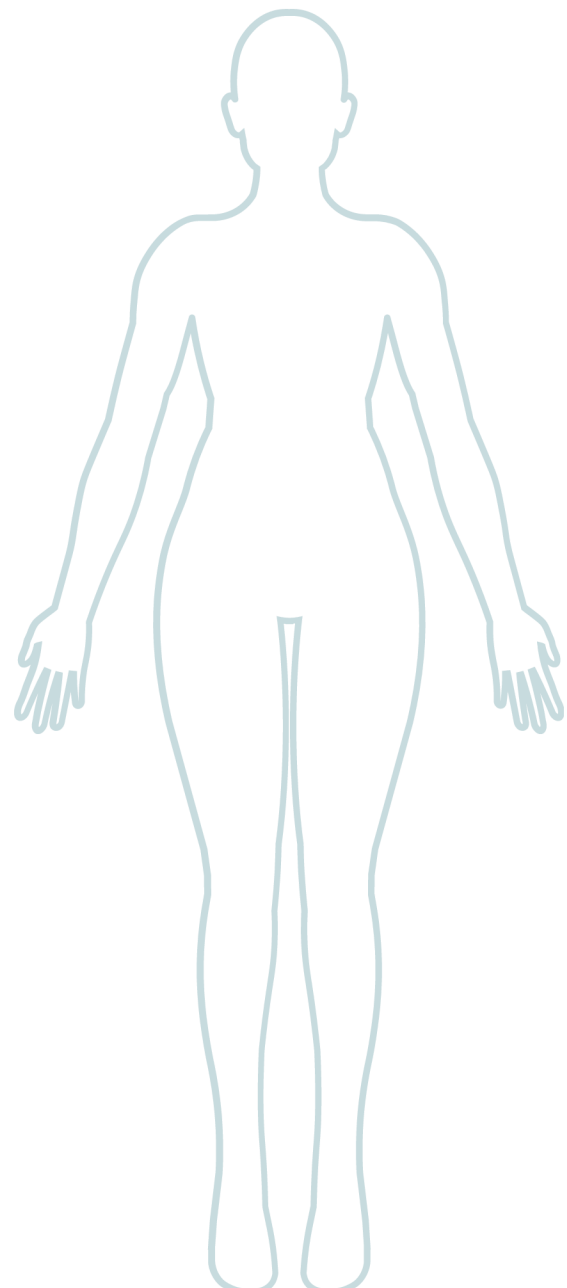
HOW DO I KNOW WHEN MY BODY IS ASKING FOR REST, MOVEMENT, OR STILLNESS?

REST

MOVEMENT

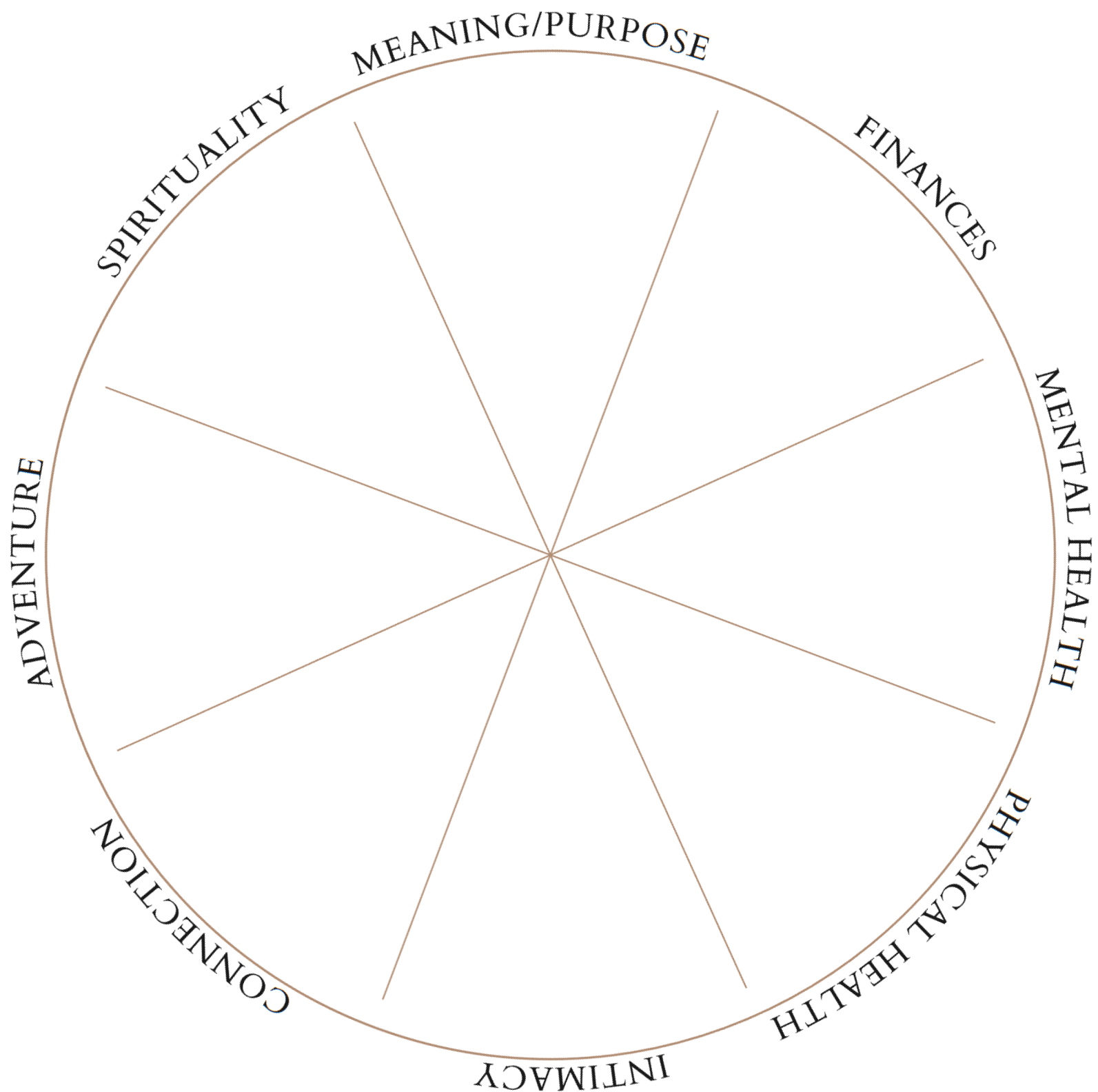
STILLNESS

WHERE AND HOW DOES STRESS SHOW UP IN MY BODY?



Your Needs **IDENTIFY**

WITH THIS TOOL, YOU CAN EXPLORE WHICH NEEDS ARE BEING MET AND WHICH ARE NOT. REFLECT ON THE 8 CATEGORIES BELOW AND RATE THEM FROM 1 TO 10 BASED ON HOW WELL THESE NEEDS ARE CURRENTLY BEING MET IN YOUR LIFE.



Your needs **MET**

**JOT DOWN HOW YOU CAN MEET
YOUR NEEDS IN 2025**

MEANING/PURPOSE

FINANCES

MENTAL HEALTH

PHYSICAL HEALTH

INTIMACY

CONNECTION

ADVENTURE

SPIRITUALITY

Wisdom & Trust

AFFIRM

YOU CAN TRUST YOURSELF, YOU ARE WISE AND YOU'VE GOT THIS. THIS IS A SPACE TO WRITE AFFIRMATIONS OR MANTRAS THAT WILL HELP YOU CONNECT WITH YOUR WISDOM

E.g. I trust myself to make choices that honour my needs, values, and inner wisdom.

A Wish for You...

May you step softly and tenderly
into this new year,

Carrying only what feeds your spirit.

May quiet moments bring you
courage,

And the small, sacred rhythms of
daily life bring you joy.

May you pause to rest when needed,

Rise when you feel ready,

And always remember that you are
enough.

