

ANNUAL REFLECTION WORKBOOK



2024/2025

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LOOKING BACK // 2024

Well, here we are—another year almost in the books. How are you feeling? No, really —how are you feeling? If you're like me, the end of the year brings a veritable mix of emotions: pride for what you've accomplished, a little regret for what you didn't, and maybe even a sense of relief that it's finally winding down.

Whether 2024 flew by or felt like the longest year ever, it's worth taking a moment to stop and look back at everything it brought.

This is your invitation to pause. Not to fix or judge or overanalyze, but to simply take stock. To sit with the moments that brought you joy, the ones that challenged you, and the ones that quietly, without fanfare, helped you grow. Because whether it felt like a whirlwind or a slog, 2024 was a year you lived—and that's worth reflecting on.

Whatever it gave you, it's yours to hold.
The laughter. The tears. The moments no one else saw.
All of it belongs to your story.
You've carried so much this year,
and yet you are still here.
Still becoming. Still finding your way.

Take this time to sit with all of it.
Let it rise to the surface.
The lessons. The joy. The pain.
There is so much waiting for you in this reflection.
You are so much stronger than you think.



LOOKING BACK // 2024

1) What did you do this year that you're truly proud of, and why does it matter to you?

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LOOKING BACK // 2024

2) What are the things you have avoided or procrastinated on in 2024, and what was that avoidance rooted in?

[illegible]

LOOKING BACK // 2024

3) What were some of your favorite/happiest days in 2024 and how can you have more days like that?

[illegible]

LOOKING BACK // 2024

4) What added the most energy to your life this year? (Think: people/activities/experiences)

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LOOKING BACK // 2024

5) Conversely, what drained the most energy from your life this past year? (Think: people/activities/experiences)

[illegible]

LOOKING BACK // 2024

6) What habits/mental blocks/narratives held you back from living your best life this year?

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LOOKING BACK // 2024

7) What is on your a) Gratitude List, and b) Things I am Leaving Behind in 2024 List?

I AM THANKFUL
FOR...

THINGS I AM LEAVING
BEHIND IN 2024

LOOKING BACK // 2024

8) What are the 3 things you'll remember about 2024 when you look back in five years? Or, if you had to sum it up on one phrase, what would you say - "2024 was the year _____?"

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TO 2024:

Thank you for the moments
that cracked me open,
the ones that left me bare and aching,
teaching me to hold myself
in ways I never had before.

Thank you for the ones that stitched me back together,
thread by thread,
not perfectly, but stronger.
For the love I stumbled into,
the love I chose,
and the love I learned to give myself
when no one else could.

Thank you for the strength
that grew quietly beneath my pain,
the kind that surprises you
when you least expect it.
For the pieces of myself
I thought were lost forever,
but found waiting patiently for me
when I was ready to see them again.

Goodbye, 2024.
I'm leaving behind the weight I no longer need,
the stories that no longer serve me,
and the fear that kept me small.
But I'll carry the lessons, the gratitude,
and the quiet resilience you taught me.
You will always be a part of me,
etched into the chapters of who I am becoming.



LOOKING AHEAD // 2025

2025 is standing right in front of you—waiting, ready, full of possibility. It's not asking you to have everything figured out. It's just asking you to start. To look forward with open hands and an open heart, and to choose what kind of year you want to create.

This isn't about doing more or being perfect. It's about asking yourself the right questions: What feels good to you right now? What do you want to let go of, and what are you ready to embrace? What would make this year feel meaningful, even in the quiet moments?

And also, take a moment to expand your horizons. Think about the larger puzzle of your life. Not just 2025 as a single year. What are you doing in 2025 to make your life's vision or your dream life a reality?

Remember—There's no pressure to have all the answers right now. Just take a moment to breathe, to think, and to imagine. **Dream big, but start here. Start small, start imperfectly if you need to, but start.**

2025 (and the rest of your life) is yours to create—piece by piece, day by day. And trust me, you're ready.



LOOKING AHEAD // 2025

1) To start with, let's zoom out a little bit. What does your 10-year plan look like (or even a 5-year plan)?

ps - I know it can be sometimes hard to come up with a long-term vision when we're living in a world which is all about instant gratification and immediate result-seeking. To help you with that, I have included some examples at the back of the workbook to help you get your dreaming/visioning glasses on.

[illegible]

LOOKING AHEAD // 2025

2) What do you need to make happen in 2025 to contribute to your larger life plan?

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LOOKING AHEAD // 2025

3) Who do you want to become by the end of 2025?

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LOOKING AHEAD // 2025

4) What are your 3 biggest priorities/goals for 2025?

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LOOKING AHEAD // 2025

5) What is your personal word of the year, or your guiding phrase/mantra for 2025? How will it help you with your priorities and goals for the year?

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LOOKING AHEAD // 2025

6) What's something you've been putting off for years that you're finally ready to prioritize in 2025?

[illegible]

LOOKING AHEAD // 2025

7) How will you prioritize your well-being (mental, physical, emotional) in 2025?

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LOOKING AHEAD // 2025

8) If Future You from December 2025 wrote you a letter, what would they say to inspire and guide you?

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DEAR 2025:

Please come gently.
Let your days be soft
and your nights filled with peace.

Bring hope that stays
like the warmth of the sun
on even the hardest days.

Let there be moments
that remind me
how beautiful it is
to be here,
alive,
becoming.

Let love find me—
in the people I meet,
in the quiet I keep,
in the way I speak to myself.

2025,
I ask for light,
for joy,
for the kind of happiness
that feels like coming home.



EXTRA RESOURCES

10-YEAR VISION EXAMPLES:

In case you're looking for some ideas on how to frame your 10-year vision, I've put together a few examples using different kinds of people as the writer. It's by no means exhaustive, but hopefully sparks some ideas for you.

EXAMPLE 1: A 28-YEAR-OLD WOMAN, WHO CURRENTLY WORKS IN A MID-LEVEL ROLE IN A MARKETING FUNCTION AND DREAMS OF STARTING HER OWN MARKETING AND BRANDING AGENCY. CURRENTLY SINGLE, SHE WANTS A CHILD-FREE LIFE BUT IS LOOKING FOR A LOVING MARRIAGE.

Over the next 10 years, I want to build a life that feels purposeful, creative, and deeply fulfilling. Professionally, I want to transition from my mid-level marketing role into owning my own marketing and branding agency. I imagine creating a business that reflects my values—helping brands tell their stories in authentic, impactful ways, while giving me the flexibility to lead a life I love.

Personally, I want to create a home that feels like an anchor—a place I own and cherish, close to my extended family, where I can host gatherings, spend quiet evenings, and plant roots. Marriage is part of my vision, too—building a relationship grounded in love, trust, and partnership, with someone who shares my values and dreams of a vibrant, child-free life.

In this decade, I hope to prioritize financial independence, meaningful relationships, and a healthy work-life balance. I see myself surrounded by people who inspire me, doing work that excites me, and living in a space that feels like mine. Most importantly, I want to wake up every day knowing I'm living a life that's fully aligned with who I am and who I'm becoming.

EXAMPLE 2: A 33-YEAR-OLD MAN, WHO WORKS IN TECH AND HAS JUST GOTTEN MARRIED. HE DREAMS OF BUYING A HOUSE AND HAVING A LARGE FAMILY BUT ALSO UNDERSTANDS THAT HE HAS SOME FATHER WOUNDS THAT HE NEEDS TO HEAL.

In the next 10 years, I see myself creating a life that balances personal growth, family, and career success. Professionally, I want to continue climbing the ranks in the tech industry, taking on leadership roles that challenge me and allow me to mentor others. Financially, I envision using our savings to purchase a family home—a place where my wife and I can grow our family and create lasting memories.

EXTRA RESOURCES

Family is central to my vision. I dream of having at least three children and building a partnership with my wife that allows us both to thrive in our careers and as parents. I want to be a present and supportive father, creating a loving, secure environment for my kids. To make this work, I will have to be conscious of setting boundaries with work, prioritizing family time, and openly communicate with my wife about how we can share responsibilities.

On a personal level, I know I really need to heal my father wounds to grow into the kind of man, husband, and father I'm proud to be. Therapy—I think I need to explore this.

Lastly, I want to deepen the connections I have with my close-knit group of friends and expand that into a broader community that includes our families. I imagine a lifetime of shared experiences—weekends spent together, raising our kids alongside one another, and creating a sense of belonging for all of us.

EXAMPLE 3: A 35-YEAR-OLD WOMAN, WHO IS AN ARTIST AND DREAMS OF BEING ABLE TO HELP OTHER ARTISTS BECOME MORE SUCCESSFUL. HAVING SUFFERED IN PAST RELATIONSHIPS, SHE IS WARY OF LONG-TERM COMMITMENT AT THE MOMENT.

Over the next 10 years, I see myself creating a life that honors my creativity, independence, and desire to give back. As an artist, I want to deepen my craft and build a platform that not only showcases my own work but also helps other artists thrive. I dream of mentoring emerging creatives, offering them tools and opportunities to navigate the business side of art so they can focus on what they do best.

Personally, I want to continue embracing my free-spirited nature. Travel will be a huge part of my journey—immersing myself in new cultures, finding inspiration in unexpected places, and using my experiences to fuel both my art and my soul. I also want to contribute to social causes that matter to me, whether through volunteering, creating art with a purpose, or lending my voice to amplify important stories.

When it comes to relationships, I want to move forward with caution and intention. After my past experiences, I've learned the importance of valuing myself and my

EXTRA RESOURCES

boundaries. While I'm open to love, I know my happiness isn't dependent on it. I'll prioritize building a life that feels fulfilling and authentic, whether I'm single or find someone who aligns with my values.

By the end of this decade, I want to look back on a life filled with creativity, freedom, and impact—one where I stayed true to myself and contributed something meaningful to the world.

EXAMPLE 4: A 34-YEAR-OLD WOMAN, WHO FEELS LOST, LEFT BEHIND, BROKEN AND FRUSTRATED. SHE STRUGGLES WITH ALCOHOL, SELF-WORTH ISSUES, AND RELATIONSHIPS. SHE LIVES PAYCHECK TO PAYCHECK AND YEARNs FOR SECURITY AND CONNECTION WITH PEOPLE BUT LACKS CONFIDENCE AND SELF-TRUST.

Right now, the idea of planning 10 years ahead feels heavy. I don't have it all figured out, and I don't need to pretend that I do. But I want to start somewhere—small, honest steps toward a life that feels like mine.

I know I need to work on how I see myself. I've spent a long time feeling like I'm not enough, and I know that's holding me back. I want to learn to treat myself better, to speak to myself with more kindness, and to stop apologizing for who I am. Maybe it's through therapy, but I first need to feel more comfortable with my finances to do that regularly. I should see if there are free or inexpensive resources available at the local community center.

Financially, I want to feel stable. Living paycheck to paycheck is exhausting, and I'm ready to change that. Right now it feels too far-fetched to dream that big, but I really want to create a multi-millionaire life for myself. I used to want so much for myself but these last few years have been tough. I want that abundant life that everyone on TikTok seems to be talking about.

I want to feel connected to people again. Real connections, not surface-level ones. I want friends I can laugh with and lean on. I want to be part of something—maybe a community group, a class, or just saying yes when I usually say no. It feels scary to put myself out there, but I know I'll never build the relationships I crave if I don't try.

EXTRA RESOURCES

I am not looking for a perfect life in 10 years. I just want to feel proud of myself when I look back—like I took control, even when it was hard, and I didn't give up on myself. If I can create a life that feels steady, that feels real, I think that will be enough. And for the first time in a long time, I'm starting to believe I deserve that.

EXAMPLE 5: A 43-YEAR-OLD WOMAN, RECENTLY DIVORCED, CO-PARENTING HER 2 KIDS WITH HER EX-WIFE, AND CURRENTLY FEELING BITTER, ANGRY AND NOT VERY PLEASANT.

Right now, I feel like I'm standing in the middle of a mess I didn't plan for. Divorce wasn't in the cards I imagined for my life, and honestly, I'm still carrying a lot of anger and frustration—at the situation, at myself, at how hard co-parenting can feel some days. But I don't want to stay here. I don't want bitterness to be the legacy I leave for myself or my kids.

Over the next 10 years, I want to figure out who I am again. Not as someone's partner, not just as "Mom," but me. I want to reconnect with the parts of myself I let go of somewhere along the way. I want my kids to see a version of me that feels whole, present, and joyful—someone who kept going when life felt heavy.

Co-parenting is hard. Some days, it feels impossible to be patient and accommodating. But I want to get better at it—not just for the kids, but for myself. I don't want to carry the weight of anger forever. Maybe I will go back to seeking therapy and also see if the kids need some of that too.

Financially, I'm lucky to be in a good place. I want to use that to give my kids opportunities, to build experiences we'll remember, and to create a future that feels steady and secure for all of us. Maybe I'll even use it to give back—to someone who needs it, in a way that matters.

Ten years from now, I am hopeful I will feel better about my life. I want to feel like I'm not just surviving—I'm actually living. I hope I'll look back and see progress, see someone who fought her way through the hard stuff and didn't let it win. Maybe I won't have all the answers, but I'll know I kept showing up—for my kids, for myself, for the life I still deserve to have.

EXTRA RESOURCES

IDEAS FOR PERSONAL WORD OF THE YEAR:

ABUNDANT	CHALLENGE	ENOUGH	HONESTY	NURTURE	SHARE
ABUNDANCE	CHOOSE	ENTHUSIASM	HONOR	OPEN	SHIFT
ACCEPT	CLEAR	ESSENTIALISM	HUSTLE	ORGANIZE	SHINE
ACHIEVE	CLARITY	EVOLVE	IMAGINE	PARTNER	SIMPLE
ACT	CLEAN	EXPERIENCE	IMPROVE	PATIENCE	SIMPLIFY
ACTION	CLEANSE	EXPAND	INFLUENCE	PASSION	SPACE
ADVENTURE	COMFORT	EXPLORE	INSPIRE	PERSIST	SOAR
ALIGN	COMMIT	FAITH	INTENTIONAL	PERSISTENT	SOLIDIFY
ALIGNMENT	COMMUNITY	FAITHFUL	INVEST	PERSPECTIVE	SOUL
ALLOW	COMPASSION	FAMILY	JOURNEY	PLAN	SOULFUL
AMAZE	COMPLETE	FEARLESS	JOY	PLAY	STEADY
AMAZEMENT	CONNECT	FINISH	KEEP	PLAYFUL	STILL
AMBITION	CONSIDER	FITNESS	KINDLE	POSITIVE	STILLNESS
AMPLIFY	CONSIDERATE	FLOURISH	KIND	POSSIBILITIES	STRONG
ASPIRE	CONSISTENT	FLOW	LAUGH	POWERFUL	STRENGTH
AWAKE	CONSCIOUS	FREE	LEAD	PRACTICE	SUCCESS
AWAKENED	CONTENT	FREEDOM	LEADER	PRAY	SUCCEED
BADASS	CONTENTMENT	FRESH	LEAP	PREPARE	THANKFUL
BALANCE	COOL	FOCUS	LEARN	PRESENT	THOUGHTFUL
BALLSY	COURAGE	FORCE	LESS	PRIORITIZE	THRIVE
BE	COZY	FORGE	LIGHT	PROGRESS	TRANSCEND
BEAUTY	CREATE	FORGIVE	LIMITLESS	PURE	TRANSPARENT
BECOME	CREATIVE	GAIN	LISTEN	PURPOSE	TRUST
BEGIN	DARE	GENEROUS	LIVE	RAISE	UNAPOLOGETIC
BELIEVE	DEDICATE	GENTLE	LOVE	REASON	UNDERSTAND
BELONG	DEDICATION	GIVE	MAGIC	RECORD	UNLIMITED
BEST	DELIGHT	GO	MAKE	REDUCE	UNTAMED
BETTER	DEPTH	GRACE	MAINTAIN	REFLECT	VALUE(S)
BLISS	DIRECT	GRACEFUL	MANIFEST	REFRESH	VITALITY
BLOOM	DIRECTION	GRATITUDE	MAXIMUM	RENEW	WANDER
BOLD	DISCIPLINE	GRATEFUL	MAXIMIZE	REPAIR	WEALTH
BOUNDLESS	DREAM	GROW	MEND	RESET	WELLNESS
BOSS	DO	GROWTH	MINDFUL	RESILIENT	WHOLE
BRAVE	EASY	GUARD	MINIMAL	RESILIENCE	WHOLEHEARTED
BUILD	EFFORT	HAPPY	MINIMIZE	REST	WILD
CALM	EFFORTLESS	HEAL	MORE	RISE	WISDOM
CARE	ELEVATE	HEALTH	MOVE	ROOTS	WONDER
CENTERED	EMBRACE	HEART	MYSTICAL	SAVOR	WORTHY
CHANGE	EMPOWER	HIGH	NEST	SECURE	WOW
CHEER	ENCOURAGE	HIGHER	NEW	SELF-LOVE	YES
CHEERFUL	ENERGY	HOME	NOW	SERVE	
CHILL	ENJOY	HONEST	NOURISH	SHAKE	

EXTRA RESOURCES

IDEAS FOR GUIDING MANTRAS OR PHRASES FOR THE YEAR:

- I am in my 'glow up, grow up, and show up' season.
- I am in my 'healing quietly and thriving loudly' era.
- I am in my slow mornings and big dreams season
- I am in my 'unbothered, hydrated, and focused' era.
- I'm stepping into my 'quiet wins, loud self-love' era.
- This year is for writing a story I want to live.
- This year is for letting myself dream without limits.
- This year is for finding joy in what I already have.
- This year is for small wins and steady progress.
- This is my 'breaking cycles and building better habits' season
- This is my 'making space for who I'm becoming' season.
- This is my 'laughing louder and loving harder' era.
- Welcome to my 'main character in a cozy indie film' phase.
- A year of planting seeds
- Small steps still move me forward.
- Less talking, more doing
- Less doubting, more believing
- This year, I'm trading my 'what ifs' for 'why nots.'
- I don't need a new life; I just need to show up differently in this one
- "What if this year, you gave yourself the same love you've always given to others?"
- More 'I can,' less 'I shouldn't.'
- More 'showing up anyway,' less 'waiting for the perfect moment.'
- This year I am adopting the energy of a toddler who claps for themselves just for existing.
- This year I am adopting the energy of a rich aunt who gives advice no one asked for but always has the best shoes.
- This year I am adopting the energy of someone who buys the fancy candles and actually lights them.

you can do amazing things
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