

Reflect, Recharge & Realign: Your Year-End Guided Reflection

Take some quiet time with this reflection worksheet to pause, reflect, and realign as you prepare for the new year. Go through each section thoughtfully—no rush, just honest answers. You might find it helpful to write in a comfortable space. Allow yourself to celebrate wins, acknowledge challenges, and explore what you want to let go of or carry forward.

CELEBRATING WINS

- What accomplishments, big or small, am I proud of this year?
- What new skills or habits did I develop that I want to bring into next year?
- What challenges did I overcome that I didn't think I could

GOALS & PRIORITIES

- Which goals still feel relevant to me and why
- Are there any goals I want to release or redefine for the future?
- What areas of my life do I need to dedicate more attention to next year (work, personal growth, relationships)?

PROTECTING MY ENERGY

- What parts of my life brought the most energy and joy?
- What commitments or routines left me feeling drained?
- How can I create stronger boundaries that protect my well-being?
- What's one way that I can prioritize rest and renewal?

RELATIONSHIPS

- Who were the people who brought out the best in me this year?
- Which relationships do I want to spend more time nurturing?
- Are there relationships that need space or distance for my well-being?

MOMENTS OF JOY

- What am I most grateful for this year and why?
- What little things brought me the most joy?
- How can I be more present in my daily life?
- What unique experiences or surprises brought me happiness this year?

DREAMING FORWARD

- If fear wasn't a factor, what would I pursue in my life?
- What's one small step I can take to start the pursuit?
- What words or values do I want to guide me in the year ahead?
- How do I want to feel this time next year, and what choices will help get me there?