



Reflection 2025

This activity invites you to look back at your year, assess where you've been, and determine where you want to go next.

Step 1: Look Back

Start by thinking about the different "chapters" of your last year, 2025.

Each chapter told a story about what mattered to you, what you worked on, or what you learned. Be as creative as you want to be!

Examples of Chapters:

- **Hustle Chapter:** A time when your career or personal drive took center stage
- **Survival Chapter:** A time when you focused on enduring challenges and making it through difficult situations.
- **Teammate Chapter:** When collaboration and supporting others were central.
- **Starting Over Chapter:** A period of reinvention or healing after a big life change.
- **Trailblazer Chapter:** When you explored uncharted territories, physically or metaphorically.
- **Innovator Chapter:** A time of turning ideas into action or experimenting with new approaches.
- **Caregiver Chapter:** When you focused on caring for others.
- **Protector Chapter:** When you focused on shielding or standing up for those who needed it.
- **Legacy Chapter:** When creating something lasting for yourself or others became your focus.
- Etc.

Your Last Year's Chapters (try to identify at least 3):

- 1.
- 2.
- 3.
- (4.)
- (5.)



What stands out from each chapter? It could be a memory, an accomplishment, or something you learned. Write one thing next to each chapter number:

1.

2.

3.

(4.)

(5.):

Additional Questions for Reflection:

- What was the most surprising thing that came out of 2025?
- Who or what had the biggest impact on your year?
- Is there something you would have done differently this year?
- What was the toughest moment of this year, and what did it teach you?
- What did you let go of this year, and how did that feel?
- What's one thing you're proud of from this past year, 2024?



Step 2: Be Here Right Now.

Now focus on your current chapter. What's this chapter of your life about as you start 2026?

- If you had to give this chapter a name, what would it be?
- What makes this time in your life impactful or meaningful or unique?
- What's one habit, value, or lesson from 2025 that you want to carry into 2026?

Step 3: Look Ahead to Your Next Chapter.

Imagine what you want your next chapters to be about. This is your chance to dream a little.

Think about a goal, a change, a feeling, or an intention you'd like to focus on.

Examples of Future Chapters:

- **Bold Choices Chapter:** Taking risks and stepping into new opportunities.
- **Savor Chapter:** Slowing down and appreciating the little things.
- **Growth Chapter:** Prioritizing learning, self-care, or personal development.
- **Connection Chapter:** Deepening relationships and building meaningful connections.
- **Resilient Chapter:** Overcoming challenges and proving your strength.
- **Champion Chapter:** Advocating for yourself or others with courage and confidence.

Your Next Year's Chapters:

What will you call them? (Try to come up with at least 3)

- 1.
- 2.
- 3.
- (4.)
- (5.)



What's one thing you'd love to focus on in each of these chapters? As mentioned above, it could be a goal, a change, feeling, an intention, etc. Write one thing next to each chapter:

1.

2.

3.

(4.)

(5.):

Lastly:

- If you had to describe 2025 in one word, what would it be?
- What's one word you hope describes 2026?

Take your time with this exercise—it's your story to tell!

And remember, "Life can only be understood backward, but it must be lived forwards." — Søren Kierkegaard

Signed:

Date: