

HIGHLIGHTS

- What moments made me feel alive this year?
- What am I genuinely proud of?
- Which risks or decisions worked out better than expected?
- What surprised me about my own strength or creativity?



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GROWTH

- What challenged me the most this year?
- What did these challenges teach me about myself?
- What boundaries did I strengthen — or neglect?
- How did I evolve emotionally, spiritually, or mentally?



YEAR-END

LET GO

- What beliefs, habits, or expectations am I ready to shed?
- Which relationships or dynamics drained my energy?
- What self-doubt or inner narrative no longer aligns with who I am becoming?
- What emotional residue am I still holding from this year?



WORKSHEET

GRATITUDE

- Who showed up for me?
- What opportunities or blessings arrived unexpectedly?
- What inner qualities carried me through difficult moments?
- What am I sincerely grateful for right now?



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DESIRES 2026

- What experiences do I want more of in the new year?
- What do I want to feel?
- Which values do I want to embody more fully?
- What version of myself am I stepping into?



VISION 2026

- How do I want to show up next year?
- What energy do I want to give?
- What supportive habits or rituals do I want to cultivate?
- What one shift would make the greatest impact on my spiritual or personal growth?

