

THE FRESH START REFLECTION JOURNAL

1. Highlights: What were 3 moments when you felt most alive, proud, or at peace in the past 12 months?

1. _____

2. _____

3. _____

2. The Unexpected: What is one thing that happened this past year that you didn't plan for, but ended up being a blessing in disguise?

3. The Challenge: What was the hardest thing you had to do this past year? How did you handle it, & what did it reveal about your resilience?

4. What give you energy in the past 12 months? (specific people, projects, habits):

* _____

* _____

* _____

* _____

What drained your energy? (specific obligations, mindset traps, clutter):

* _____

* _____

* _____

* _____

5. The "Time Capsule" Message. If the "You" of today could travel back in time to January 1st, 2025, what one piece of advice would you give yourself

6. The Definition of Success: How has your definition of "success" in business, mindset, or life changed from the beginning of 2025 to now

7. What are you tolerating? Write down 3 things you are currently tolerating in your life (e.g., a messy desk, over-controlling, a vague boundary with a friend, a negative self-talk loop) that you are unwilling to tolerate in 2026

1. _____
2. _____
3. _____

8. The "No" List: to make room for a "Yes" in 2026, you must say "No" to something else. What are you leaving in 2025?

I am leaving behind the need to: _____

I am leaving behind the relationship with: _____

I am leaving behind the habit of _____

9. The Closing Ritual: Write a short "Goodbye Letter" to 2025 below. Thank it for the lessons, with love and compassion, acknowledging the hardships, and declaring the year complete!

10. What intention feels nourishing for the year ahead? Choose something that supports your well-being, your truth, and your inner rhythm, not something that demands or pressures you.

11. The Word of the Year: If 2026 had a theme song or a single guiding word, what would it be? WHY?

My Word: _____

Why I chose this word:

AFFIRMATION:

"I step into 2026 lighter, wiser, and ready for what's next"

"I trust myself to grow in ways that feel true, supportive, and aligned."

What does it mean to forgive?

Why should I forgive?
