

Times of transition - like end/start of a year - can be a great time to take a moment to reflect on past actions and experiences (without judgement!) and look forward with awareness for what you would like to shift and create for the future. Find a quiet spot to use this worksheet to reflect back and refresh forward.

## How are you showing up and feeling right now?

Choose as many as apply and add your own!

- |                                      |                                    |                                      |
|--------------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Tired       | <input type="checkbox"/> Meh       | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Proud       | <input type="checkbox"/> Motivated | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Curious   | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Relieved    | <input type="checkbox"/> Hopeful   | <input type="checkbox"/> Other _____ |

### What filled you up this year?

*People, moments, habits, choices, places. . . anything that left you feeling more yourself.*

**Write 3-5 things:**

- 1.
- 2.
- 3.
- 4.
- 5.

### What drained you?

*It's not about judging, just noticing.*

**Write a few things that felt heavy, stressful, or energy-sucking:**

### What do you want to leave in 2025?

*Thoughts, habits, patterns, relationships, pressures. . . anything that no longer fits who you're becoming.*

### What do you want more of in 2026?

*Think feelings, routines, support, goals, ways of being. . .*

### What is one small thing future you will appreciate?

*What's one gentle thing you can start now (or soon) that will make next year feel a little lighter?*

### A note to yourself...

*Write a few words to your future self. . . encouragement, a reminder, a promise, a hope. . .*

## Let's Explore

Interested in digging a bit deeper into your reflections & goals?

Looking for some support in stepping powerfully into some of your 2026 goals?

Reach out for a free consult to see if a coaching journey is right for you.