

Reflect & Refresh

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.