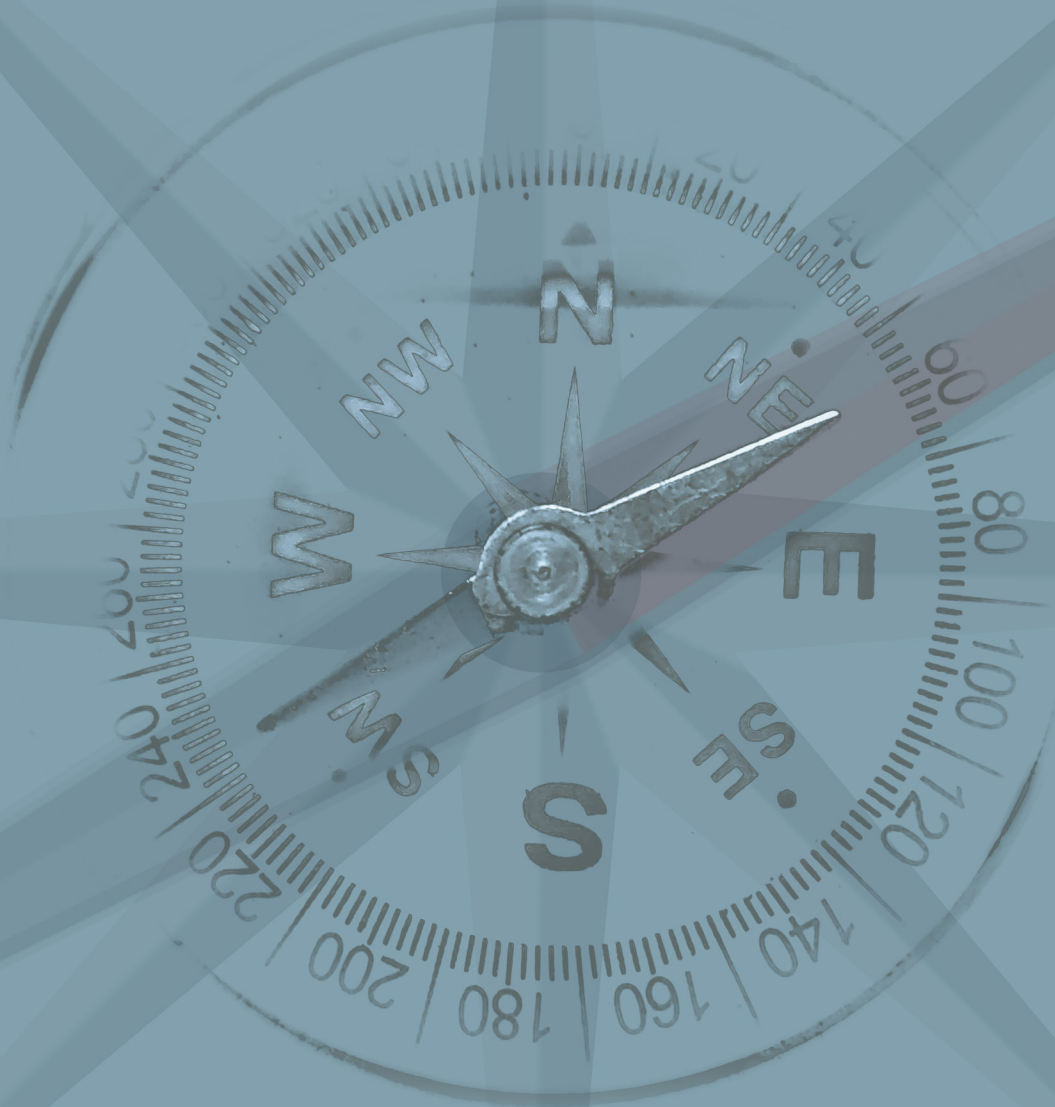


2024 / 2025



REFLECTION
& PLANNING



As we transition from the old year to the new, it's a great time to pause and reflect on what's gone before and where we hope to go in the future.

What follows are some thoughts and questions that we hope will spark something wonderful for you—something that you can nurture into the flames of possibility and growth.

HOW TO GET THE MOST FROM THIS EXERCISE

Grab your favorite journal and pen, and some space free from distraction.

- Plan the time on your calendar as if it were a meeting you can't afford to miss.
- Find somewhere comfortable, but that is away from your normal routine.
- When you're ready to begin, clear the space: turn off notifications, tuck your phone away, and get away from the rest of the world for a bit.
- Breathe. Even a few minutes of simple breathing can be a helpful way to really prime the pump. If you practice meditation you can start with that.
- Give yourself time. This isn't something to simply check off, it's an exercise in growth. Some of the thoughts and questions here may be challenging, or you may think that one or more of them have no value for you. We would encourage you to consider them anyway. Challenge yourself to expand the boundaries of your own thinking.
- Don't worry about how you structure your answers, or even if they are not yet fully formed as you write them. Nobody is going to read this but you!

And finally...

- Keep a posture of growth and gratitude. Both will help you reflect and plan more effectively.

The power is within you. It always has been. How far are you willing to expand the horizons of your thinking and stir that power awake?

— Louise Hay



FIRST, A LOOK BACK...

The more extensive a man's knowledge of what has been done, the greater will be his power of knowing what to do.

—Benjamin Disraeli

We take a look back, not to lose ourselves in regret or encourage complacency, but to get a clear perspective on where we are currently and evaluate how we got there. Some things we may want to get rid of, and some things we may want to keep, and it is important first to take a good look.

What were some of the key moments that defined your year?

Looking back, was there a story or belief that you told yourself that held you back in some way?

What is one of your favorite memories from 2024?

What one or two things did you accomplish this year that you are proudest of?

What valuable (even if painful) lesson did you learn this past year? Is there more to learn there?

How did your mindset shape the year? What would you like to keep and what do you need to let go of?



NEXT, THE HERE AND NOW...

First, a quick exercise in gratitude:

What three to five things are you most grateful for right now?

Now let's take a look at some of the areas that make up our day-to-day experiences. These are meant to reflect where you currently stand. There may be more categories in your life to consider than the ones we list below. Feel free to add them into your thinking, but remember, being willing to ask the question is the important part. Don't worry about being too structured with your answers.

Start where you are. Use what you have. Do what you can.

—Arthur Ashe

MY CAREER IS WHERE I WANT IT TO BE...

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

If your career isn't where you want it to be, what do you need to change? What would change that no to a yes?

If you chose yes, great! How can you further develop what is working for you in order to make your career even better?

MY RELATIONSHIPS ARE WHERE I WANT THEM TO BE...

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

If your relationships aren't where you want them to be, what do you need to change? What would change that no to a yes?

If you chose yes, great! How can you further develop what is working for you in order to make your relationships even better?

MY HEALTH/FITNESS IS WHERE I WANT IT TO BE....

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

If your health or fitness isn't where you want it to be, what do you need to change? What would change that no to a yes?

If you chose yes, great! How can you further develop what is working for you in order to make your health even better?

MY FINANCES ARE WHERE I WANT THEM TO BE...

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

If your finances aren't where you want them to be, what do you need to change? What would change that no to a yes?

If you chose yes, great! How can you further develop what is working for you in order to make your financial situation even better?

MY ABILITY TO REST IS WHERE I WANT IT TO BE...

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

If you aren't getting the rest you want to be getting, what do you need to change?
What would change that no to a yes?

If you chose yes, great! How can you further develop what is working for you in order to make your rest even better?

MY CURRENT LEVEL OF PEACE IS WHERE I WANT IT TO BE...

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

If your level of peace isn't where you want it to be, or if you have more stress and anxiety in your life than you wish you had, what needs to change? What would make that a yes?

If you chose yes, how can you further develop what is working in order to make it more lasting and sustainable?

I REGULARLY EXPERIENCE JOY IN MY LIFE...

☐ Yes! ☐ Could be better ☐ Not so much

What is behind your answer to that question? Why did you respond the way you did?

However you define joy for yourself, if you aren't experiencing it as much as you'd like, what do you need to change? What would change that no to a yes?

If you chose yes, great! How can you further develop what is working for you in order to make joy even more a part of your life?



AND FINALLY, WE LOOK AHEAD...

We are not asking you to necessarily set goals or create resolutions for yourselves. We simply want to inspire you to open yourself up to whole new worlds of possibility.

Where in your life do you need to risk letting go of past “certainties” in order to discover something new? Might it be worth it?

EXPERIMENT:

What do you want to try this year?

What is one thing you can do this week, right now, to get started?

LEARN:

What do you need to learn in this year?

What is one thing you can do this week, right now, to get started?

SHARE:

What talent/skill will you share with your neighbors/work/community this year?

What is one thing you can do this week, right now, to get started?

SUCCEED:

What do you want to succeed at this year?

What is one thing you can do this week, right now, to get started?

If you were to create a theme for yourself for 2025, what would it be?

At the end of 2025, what would cause you to look back and say, “I’m so glad I began that!” Or “I’m so proud of what I accomplished!” Or “I’m so thankful to have been able to do that!”

How can you begin now to work toward that?

ONE PARTING THOUGHT...

Remember, you may not be able to see clearly what lies ahead, but hopefully, after all of the work you've done here, you have found a path for yourself. Now start walking it! And don't forget to find joy in the journey.

"May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art—write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself."

— Neil Gaiman