



*End of  
year  
reflections*

CREATED BY MAVEN MADE

*What a damn year.*



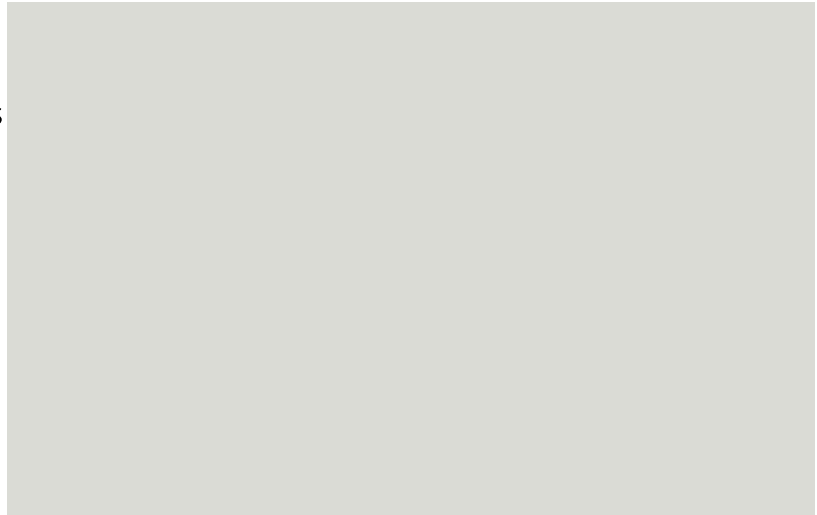
First things first (do this for real):  
relax your jaw, close your eyes, and take a deep breath in.  
Let out a sigh or say any word that comes to mind.

You are still here and you are resilient (but prioritize rest!).  
But now, let's get introspective. Clear your mind and give  
yourself time to ponder and answer these questions at  
your own pace. Use a separate journal/notebook if needed.

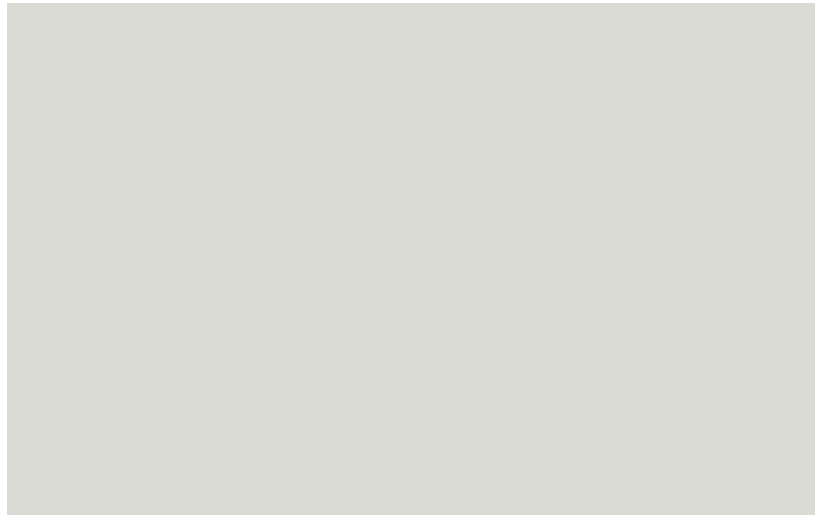
If these reflections bring up any emotions, welcome and  
explore them rather than find a solution to fix them.

# *End of Year Reflections*

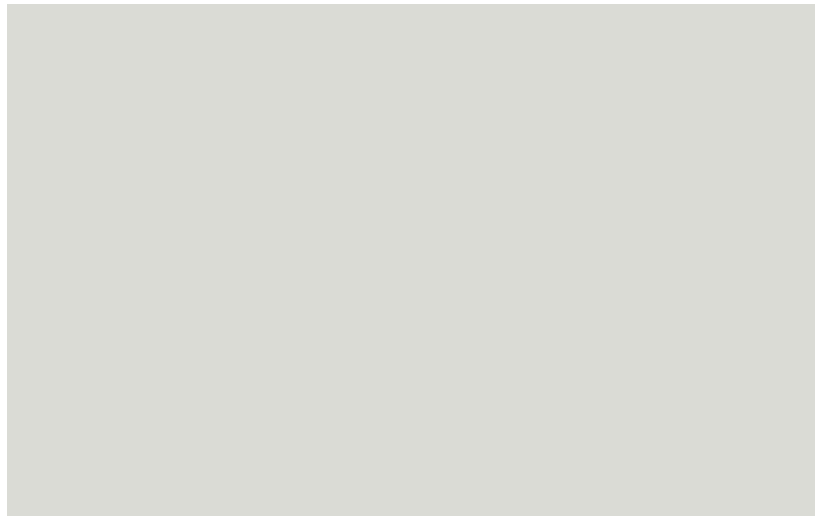
List three words to describe feelings around your experiences this year.



This year was tough. Let's not divert attention away from those challenges. List or free write about those hurdles.



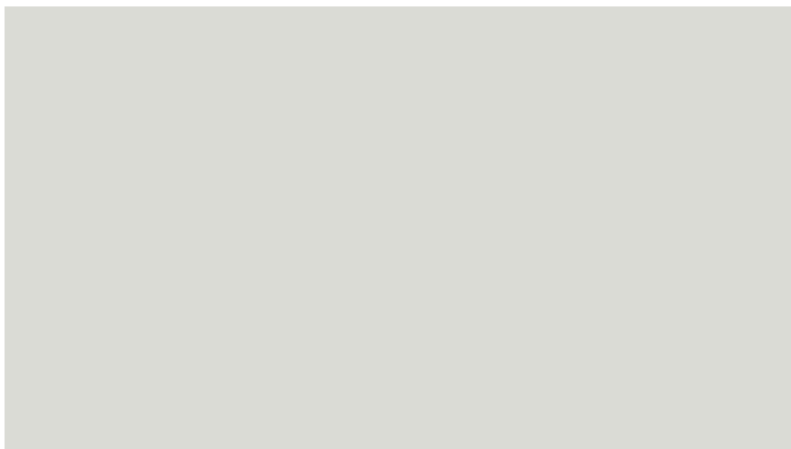
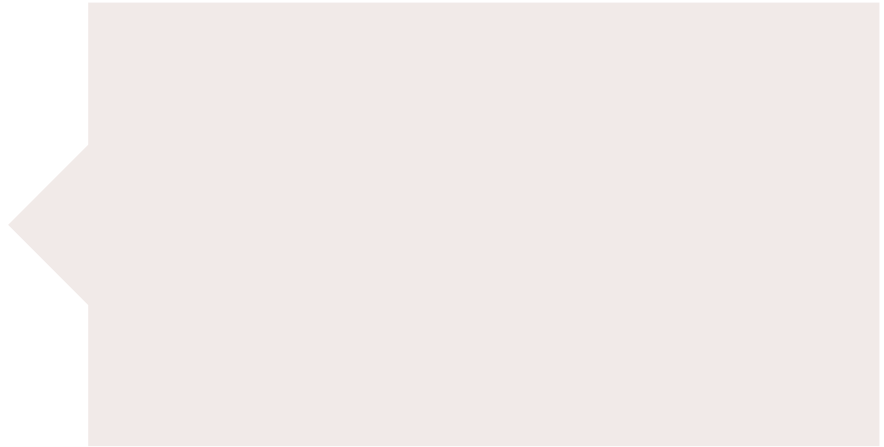
Moments of humbleness, strength, learning opportunities or resilience gained from the above challenges? Write yourself in a love letter style how you moved through it. (Give yourself grace, no "I wish I would've").



# *List three bright spots this year*

Keep these handy or put them on display to remind yourself of this year's joy.

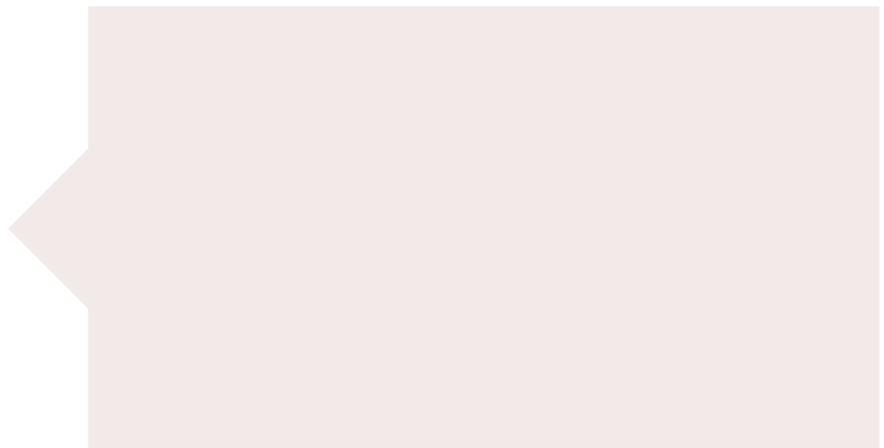
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# *End of Year Reflections*

What big things changed in my life this year? What did I learn from these changes?

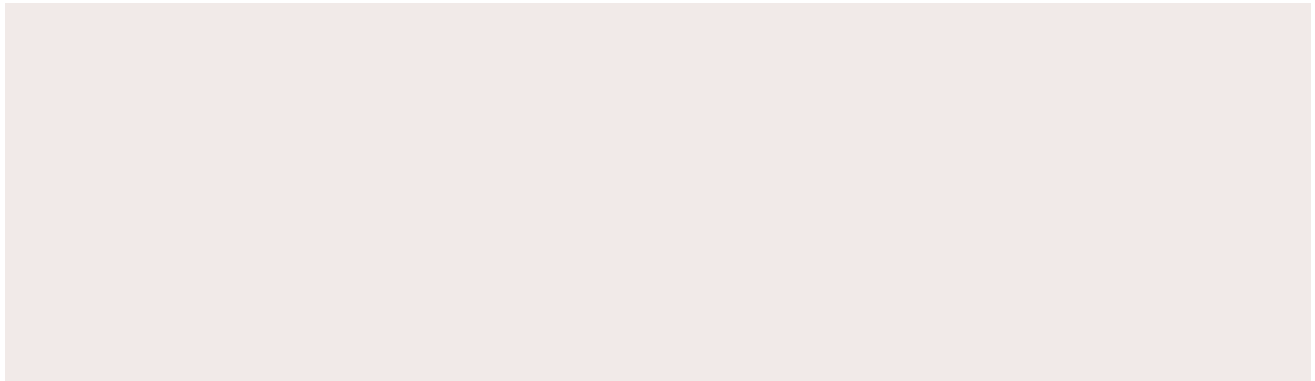
What language/terms, biases, or new learnings impacted me this year that resulted in changes to the way I speak and think?

What personal decisions this year felt right, and that I'd do again?

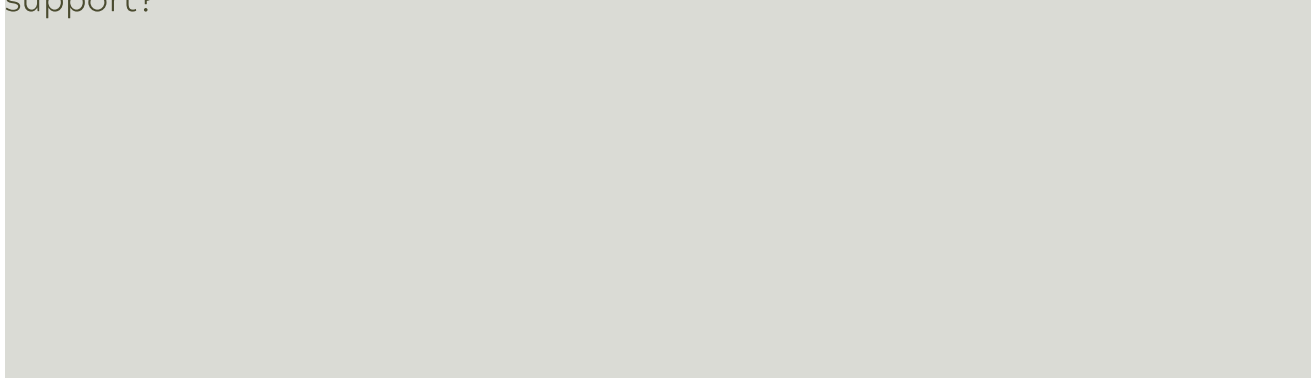
What things didn't feel right, and I wouldn't do again?

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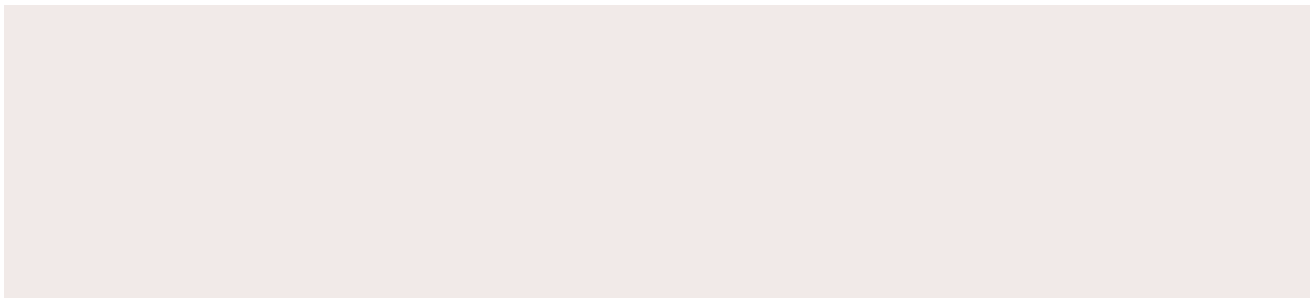
Maybe you stretched yourself thin this year or said yes when you should've said no (those things are totally normal). With whom, where and how can I set firmer boundaries? Be specific.



Did I ask for help or support this year? How did that feel? If not, is there something getting in the way of me asking for help or support?



Who has inspired me this year? Who has challenged me this year? (reach out and share your appreciation or "hey you really got me to think deeper" with them. It'll mean more than you know, seriously.)



# *Last thoughts, your thoughts.*

List words, feelings, or actions that come to mind. Put zero pressure on these things and give yourself time to explore, feel or do them.

I'd like to feel:

I'm letting go of:

I desire to experience:

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I want to put less emphasis on:

I would love to bring in more:

I want to bring in less:

I want to connect more with: