

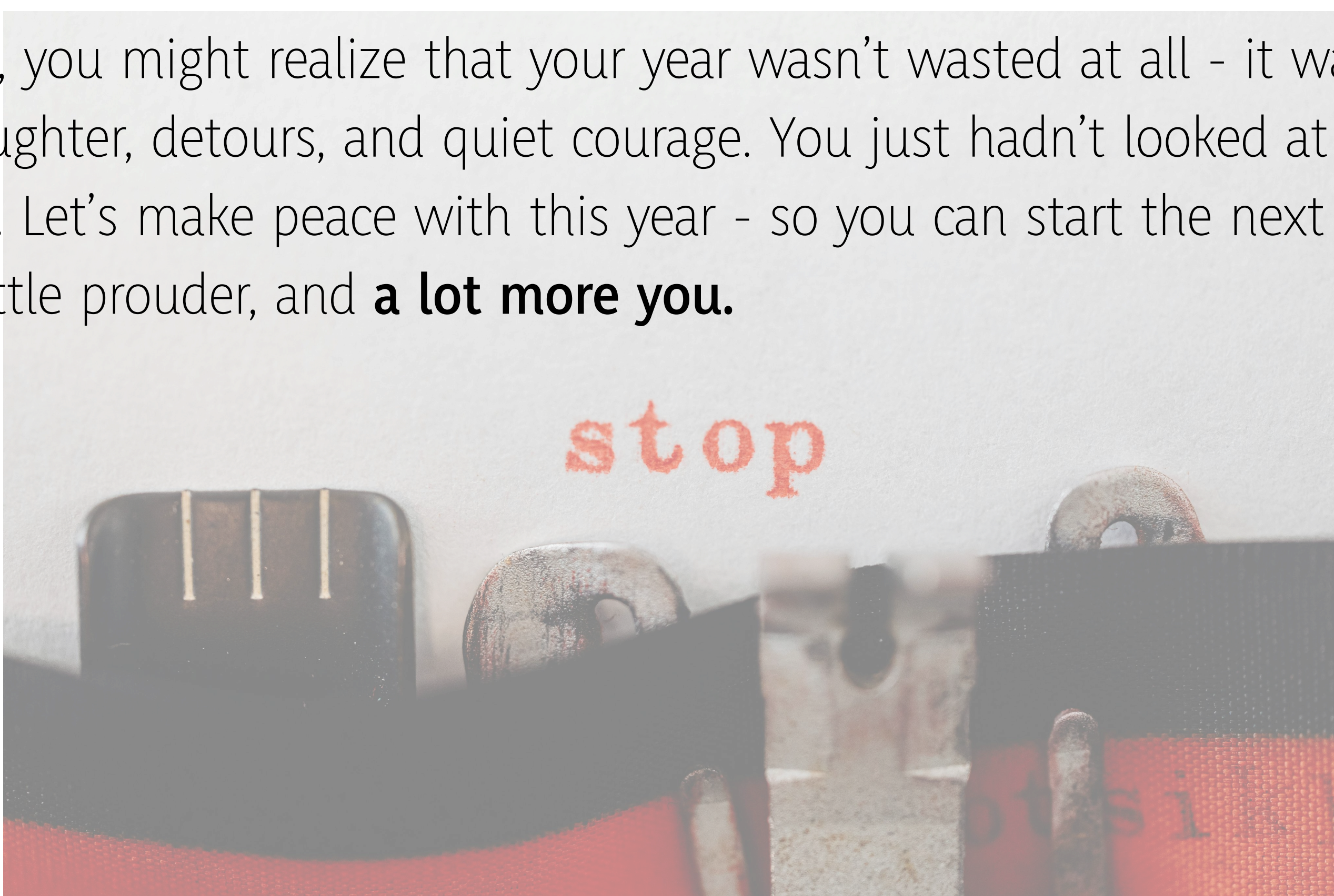
Your 2025

This guide is your cozy end-of-year stop:
a place to laugh at your chaos, honor your wins, and remember that you've actually
done way more than you think.

You see, we humans are pros at underestimating ourselves. We chase goals, scroll
through everyone else's highlight reels, and somehow forget all the to-dos we
managed.

So this is your invitation to notice. To look back kindly.
To celebrate the messy, magnificent human that you are.

By the end, you might realize that your year wasn't wasted at all - it was full of
lessons, laughter, detours, and quiet courage. You just hadn't looked at it from the
right angle. Let's make peace with this year - so you can start the next one a little
lighter, a little prouder, and **a lot more you.**



I would like to invite you to explore.

You're not here to prove or evaluate anything. You're here to meet yourself - the 2025 version, in all your messy brilliance.

We often are in a judge role, thinking, "Why didn't I do more?" But today, let's switch roles - be your own advocate. Defend yourself like you're your favorite person (because honestly, you should be).

So grab your favorite pen, scent candle, playlist, or whatever makes you feel like the main character in your own story. Then start exploring. No pressure, no criticism - just curiosity, kindness, and maybe a little giggle when you remember a funny moment.



How to use this guide?

Still here?:)

Let's start until we have your enthusiasm and attention.



What was your year about? What happened this year with you?

Think about the key decisions, steps, and turns you took this year. The “key” means it was essential in your own story. Write them down as they come. Don’t label them as “big” or “small.”

This isn’t about making a perfect summary.

To help your memory, take a slow tour month-by-month.

What was your focus each month? What were your key events? Peek into your email, calendar, notes, or camera roll - they are often better memory keepers than our brains!



Now, double-check yourself by glancing at some of the main life areas below - just in case something slipped through.

Here are a few gentle prompts to guide your thoughts:

FRIENDS

Who did you spend the most time with? How did you invest in these friendships?

WORK / CAREER

What did you do in your professional journey?

Projects, events, networking, free webinars, or being professional despite all the obstacles

HEALTH & WELL-BEING

How did you care for your body and mind? Maybe you tried to do some sport, went to a check-up, or simply got more sleep.

FAMILY

What happened here? Did you reconnect with someone or were able to maintain contact?

ROMANTIC RELATIONSHIP

How much energy went into love? Maybe you explored dating apps, had deep talks with your partner, read a relationship book, or simply dared to be honest again.

FUN & RECREATION

What made you laugh or feel alive this year? Don't skip this one — fun counts as self-care!

PERSONAL GROWTH & LEARNING

Did you do coaching, counseling, online courses, or read books that shifted your perspective?

PHYSICAL ENVIRONMENT

Any changes to your home or surroundings? Like finally throwing away the old stuff or donated books somewhere.

SPIRITUALITY

Did you try meditation, journaling, nature walks, or anything that helped you feel more connected or calm?

MONEY

Where did I spent the most this year?

Take your time. Some answers might surprise you and that's the best part.



Now that you've done the detective work, let's gently connect the dots.
Look at everything you wrote down and check:

What themes keep showing up?
Where did your time, attention, and energy naturally go?

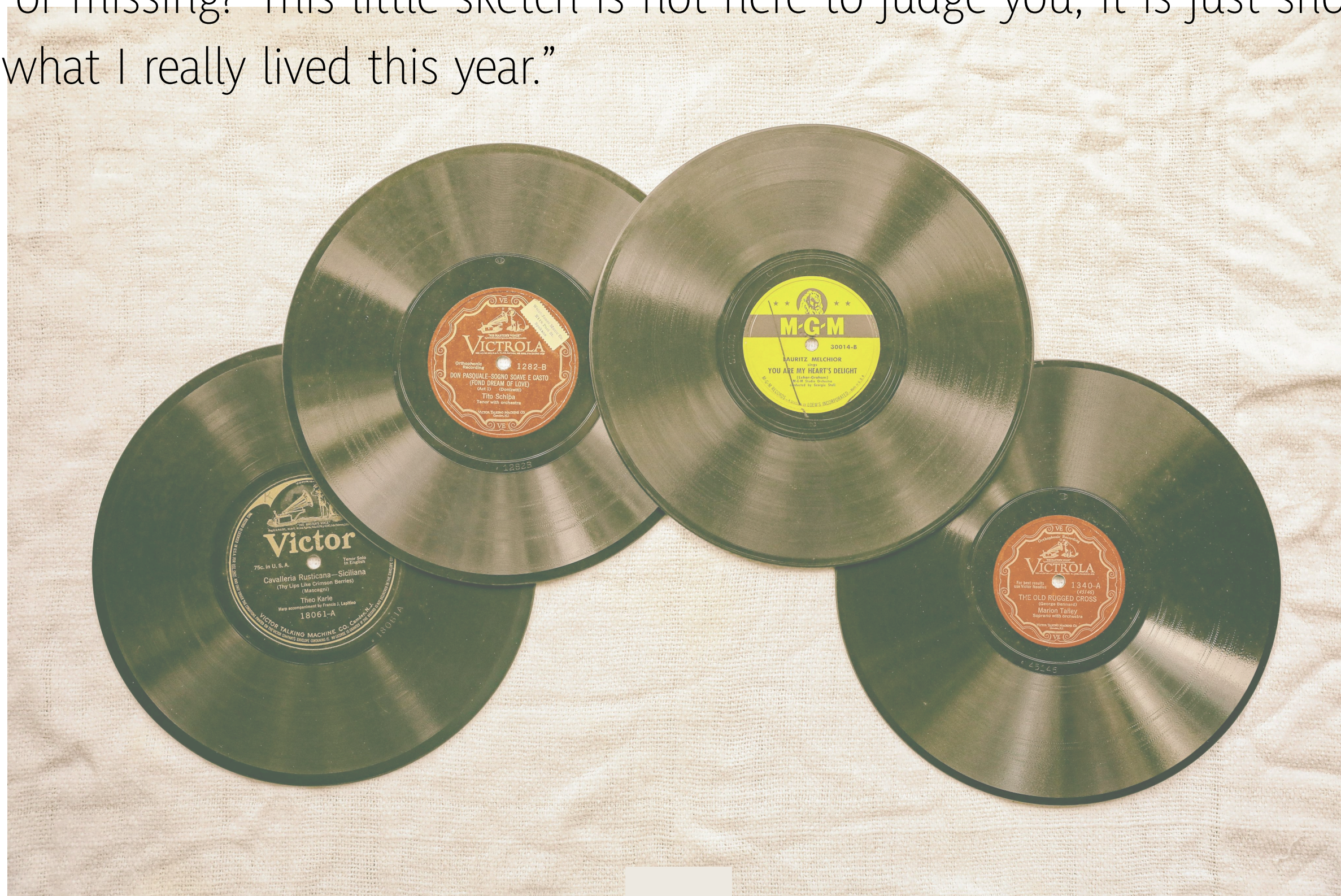
Not what you wanted to care about in theory, but what you actually fed in practice.



Now, let's turn your year into a simple visual. No artistic talent required, promise.

For each life area that actually appeared in your year, draw a circle. The size of the circle should match how much time and energy you gave to that area. A tiny circle for something that barely showed up, a big one for the things that ate half your life (yes, including work...).

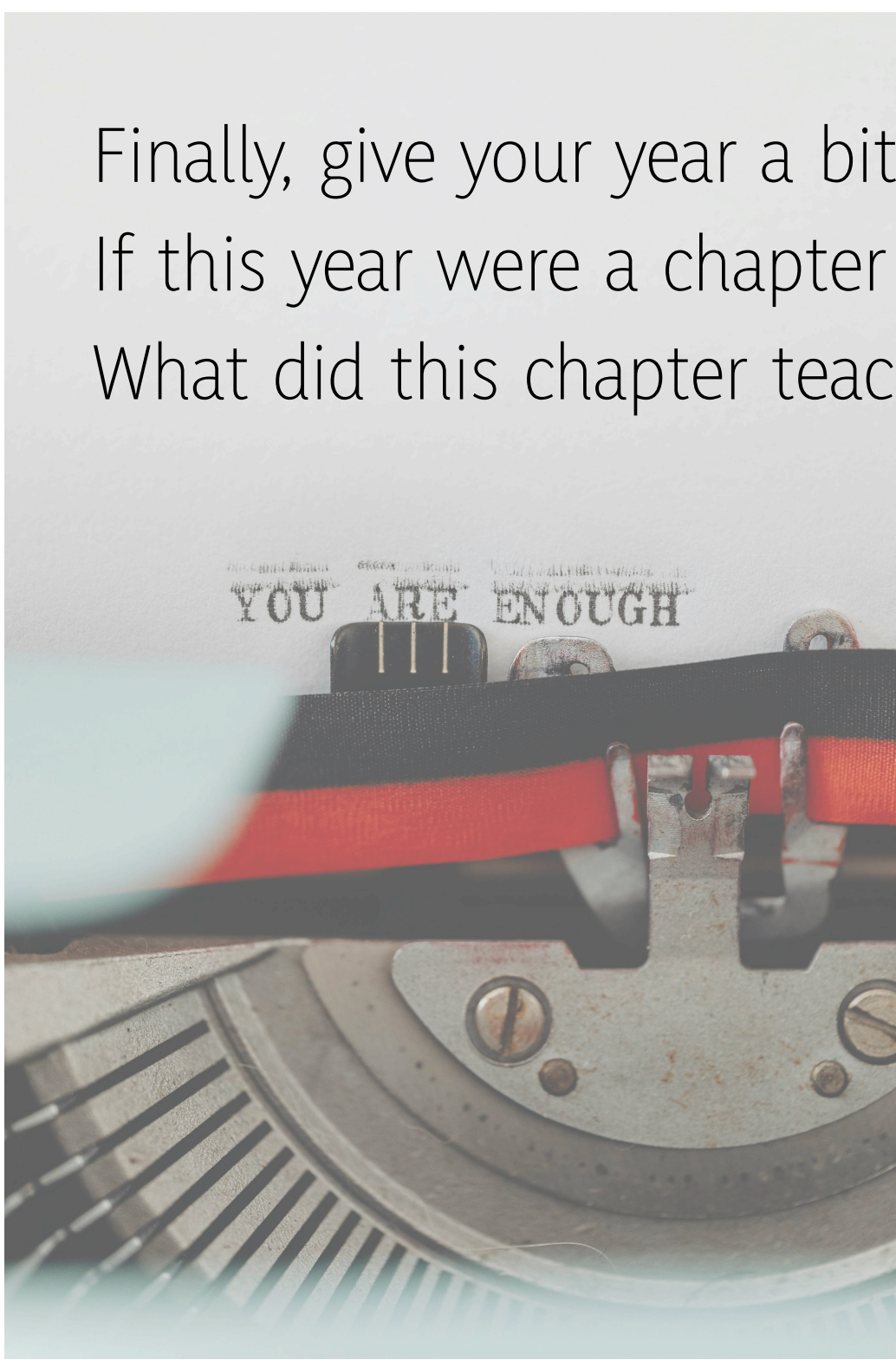
When you're done, take a look at your "year galaxy." Which circles dominate the page? Which ones are surprisingly small or missing? This little sketch is not here to judge you; it is just showing you, very honestly: "This is what I really lived this year."



Finally, give your year a bit of a narrative.

If this year were a chapter in your life, what would its title be?

What did this chapter teach you - think about main insights.



CLOSING THIS YEAR WITH KINDNESS

You've just walked through your year with honesty, courage, and a pretty impressive level of self-compassion, I hope. Now, let's close this reflection in a gentle way, not with a verdict.

Here are a few last questions to sit with as you wrap things up:

- What did I enjoy doing?
- What was exhausting?
- What day do I want to remember?
- What am I grateful for this year?
- What are three things I can genuinely appreciate myself for - tiny, quiet, or "unimpressive" things absolutely count. Think: "I kept going," "I showed up," "I learned," "I tried." That is not nothing. That is the base layer of everything.

Pause here. Let these sink. No fixing, no resolutions yet, just a gentle nod to the human who navigated this wild year with heart, grit, and probably way more grace than you're giving yourself credit for.

When you are ready, imagine closing a book chapter. You don't have to fix everything before the new year begins.

Close the journal and step into 2026 lighter, prouder, and whispering: **"Not bad, champ. Not bad at all."** You've got this.



Thank you & an invitation

Ready for Deeper Work?

Thank you for completing this guide - self-reflection like this is powerful, but imagine going even deeper with someone holding space for you.

Book a free 30-minute discovery call to briefly discuss your results or questions from this guide: [link to calendly](#) or DM on [Instagram](#).

From there, we can schedule a paid session to either:

- Do a guided deep-dive summary of your 2025 together, uncovering hidden insights
- Map out 2026 - working through limiting beliefs, obstacles, fears, and creating real momentum

Let's turn your self-awareness into lasting change. Ready when you are.