

Remember What Lit You Up



- What moments felt most meaningful this year?
- When did you feel most like yourself?
- When did you feel love, connection, purpose, or spiritual alignment?

Celebrate Your Wins



What are you most proud of?

Appreciation:




- Who supported you along the way?
- Who do you want to acknowledge or thank?

Practice:

Acknowledge yourself for your courage, gifts, and growth.

Honor Your Resilience

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- A woman with long brown hair, wearing a white knit sweater, is shown in profile, looking out over a vast mountain range. The sun is low on the horizon, creating a warm, golden glow over the scene. The mountains are rugged and partially covered in snow or light-colored rock. The overall mood is contemplative and inspiring.
- What challenges did you move through?
 - When were you brave?
 - How did you grow in strength, compassion, or maturity?

Forgiveness & Completion



From a place of compassion, reflect on what still feels incomplete.

- Where is energy stuck?
- What is ready to be released?
- What can you forgive yourself or others for?
- Are there relationships that need repair or closure?

Release What No Longer Serves



- What stories, habits, or patterns are you ready to let go of?
- Name 3 things you are leaving behind.
- What are you choosing instead?

Vision the Year Ahead



- Who are you called to become?
- What are you called to create?
- What does your next chapter feel like?