

Year-End Reflection & Celebration Guide

15–20 minutes • Print or complete digitally

1) Name the year (1–3 words)

Last 12 months was: _____

2) Wins worth celebrating (list 5)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| _____ | _____ |
| 3. _____ | 4. _____ |
| _____ | _____ |
| 5. _____ | |
| _____ | |

3) Challenges you carried (list 3)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| _____ | _____ |
| 3. _____ | |
| _____ | |

4) How you responded (choose 2–3 per challenge)

Challenge #1: ☐ endured ☐ adapted ☐ asked for help ☐ set boundaries ☐ learned ☐ let go ☐ took action

Challenge #2: ☐ endured ☐ adapted ☐ asked for help ☐ set boundaries ☐ learned ☐ let go ☐ took action

Challenge #3: ☐ endured ☐ adapted ☐ asked for help ☐ set boundaries ☐ learned ☐ let go ☐ took action

5) Lessons earned (complete 2)

This year taught me: _____

Next time, I want to: _____

6) Progress you might overlook (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> I kept going when it was hard | <input type="checkbox"/> I told the truth |
| <input type="checkbox"/> I made a brave choice | <input type="checkbox"/> I changed a pattern |
| <input type="checkbox"/> I said no to taking on more than I could carry. | <input type="checkbox"/> I rested when needed |
| <input type="checkbox"/> I repaired something | Other: _____ |

7) Relationships that I deepened

- ☐ Family Names: _____
- ☐ Friends Names: _____
- ☐ Co-workers Names: _____
- ☐ Mentors Names: _____
- Other / community: _____ Names: _____

8) Strengths that showed up (circle 3–5)

Courage • Consistency • Creativity • Discipline • Empathy • Faith • Focus • Grit • Leadership • Patience • Resilience • Wisdom

Other: _____

9) What deserves forgiveness or release?

I'm releasing: _____

10) Celebration plan (make it real)

How I will celebrate: _____

When: _____ With whom (optional): _____

11) Closing line

I'm proud of myself for _____, especially because _____.