

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. _____

3. _____

5. _____

2. _____

4. _____

3) Challenges you carried (list 3)

1. _____

3. _____

2. _____

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)

- I kept going when it was hard
- I made a brave choice
- I said no to taking on more than I could carry.
- I repaired something
- I told the truth
- I changed a pattern
- I rested when needed

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 _____.