# New Year Reflection and Planning

# Part 1: Reflection

What brought you joy this past year?

What is one thing you’re proud of accomplishing?

What drained your energy or caused stress?

What’s one thing you would have liked to change?

# Part 2: Priorities

Define your priorities- in each section list 1-2 intentions/areas of focus for the New Year.

|  |  |
| --- | --- |
| **Well-being**  (physical and mental health) | **Relationships**  (family, friends, community) |
| **Work**  (career, professional growth) | **Personal Growth**  (hobbies, learning, spirituality) |

# Part 3: Action Plan

List one priority for each area identified and create an action plan. Duplicate sheet for more priorities.

**Well Being:**

* Priority:
  + What’s one small, actionable step you can take in January to move closer to this intention?
  + What resources or support do you need to make it happen?

**Relationships:**

* Priority:
  + What’s one small, actionable step you can take in January to move closer to this intention?
  + What resources or support do you need to make it happen?

**Work:**

* Priority:
  + What’s one small, actionable step you can take in January to move closer to this intention?
  + What resources or support do you need to make it happen?

**Personal Growth:**

* Priority:
  + What’s one small, actionable step you can take in January to move closer to this intention?
  + What resources or support do you need to make it happen?

# Part 4: Visualization and Affirmation

Close your eyes and visualize yourself at the end of the year. Imagine you have made progress in the areas you have identified. How do you feel? What is different in your life?

**How do you feel?**

**What’s different in your life?**

**Hold onto this vision as you move forward in 2025 and remind yourself of this exercise.**

**Optional:** Create a personal affirmation or mantra to guide you and be your “True North” for 2025. Whenever you are falling behind, take a misstep, have an unfortunate event, (all of which will likely happen) this can help you get back on the right track with your intentions. Use this in daily affirmations, journaling, or as reminders in your workspace. Reflect on your word(s) regularly to ensure alignment with your actions and mindset.

Ideas:

* It could be one or two single words that resonate with your action plan (see attached for examples):
* It could be a mantra or a sentence:
  + “This year, I will prioritize [intention] and embrace [value].”

**Progress does not have to be perfect. Small, consistent steps are what create meaningful change. Revisit your intentions often and give yourself grace as you move through the year.**

# Affirmations/Mantra Examples

**Words:**

Abundance Joy

Calm Kindness

Clarity Mindfulness

Compassion Openness

Courage Patience

Creativity Peace

Determination Persistence

Empowerment Positivity

Focus Presence

Gratitude Resilience

Growth Self-Love

Harmony Strength

Health Trust

Hope Wisdom

Integrity

**Mantras:**

* "I embrace abundance and attract opportunities with ease."
* "I create balance by honoring my needs and boundaries."
* "I approach challenges with courage and confidence."
* "I nurture my well-being, body, mind, and soul."
* "I am present in each moment, grateful for what I have."
* "I grow through every experience, finding wisdom in the journey."
* "I radiate kindness and compassion, to myself and others."
* "I trust the process of life and remain open to possibilities."
* "I am resilient, capable, and unstoppable in pursuing my dreams."
* "I choose joy and focus on the beauty in every day."