

End of Year Reflections Journal



Congratulations!

You did it! Another year under your belt. Let's celebrate!

Even if this was a tough one for you, you got through it!
You didn't give up.

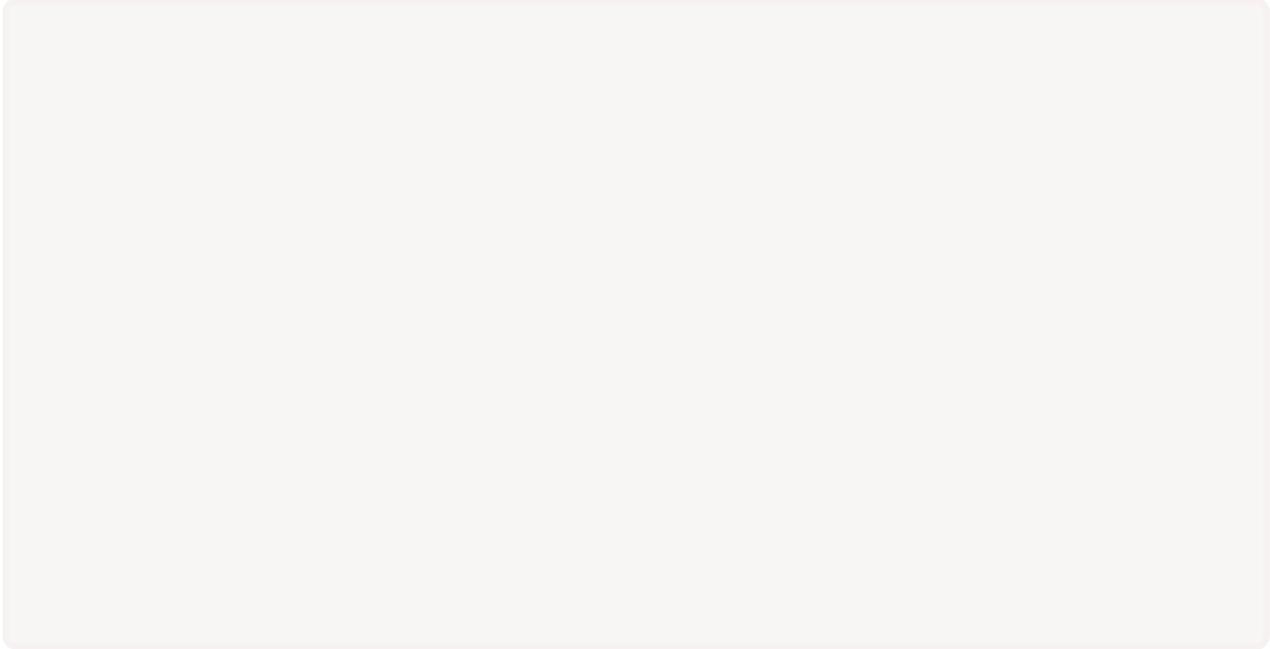
Each year will be filled with with a orchestra of challenges and pain but also so much love, abundance and joy. Let's take an honest look back and pick out the good bits and look at what we can learn from the shitty bits.

*Let's make next year even
more magical.*

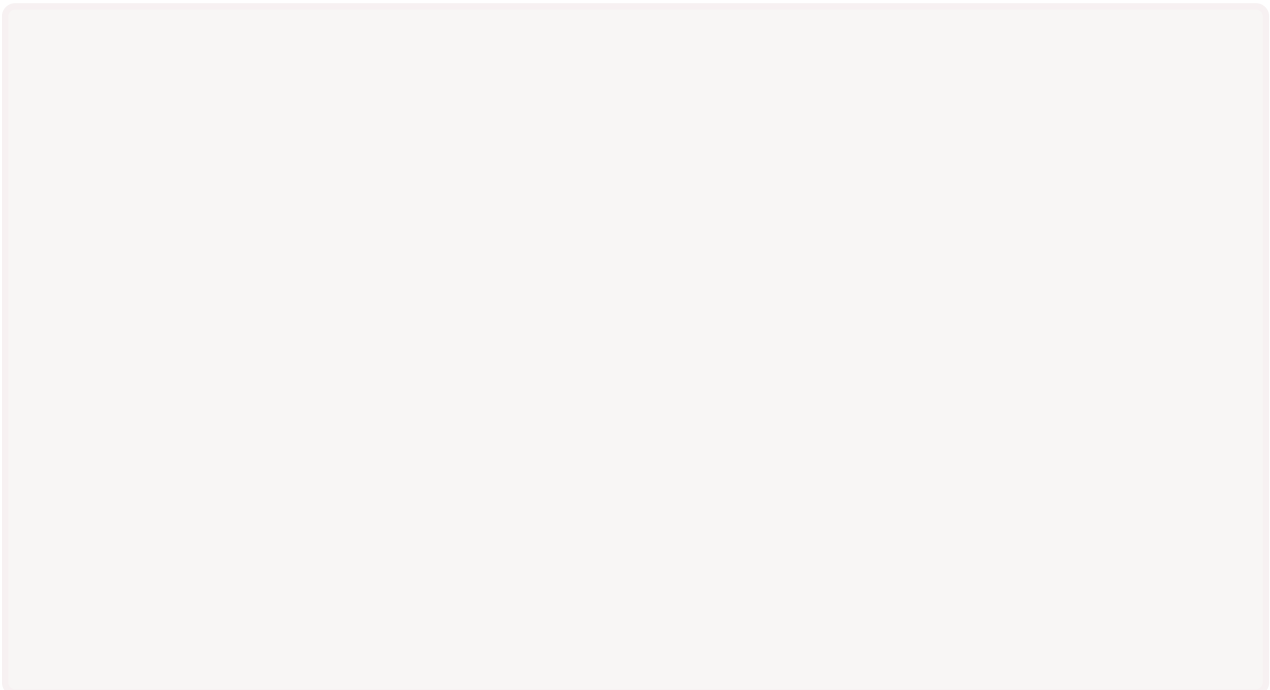
Claire x

END OF YEAR REFLECTIONS

What have been the best bits of this year?

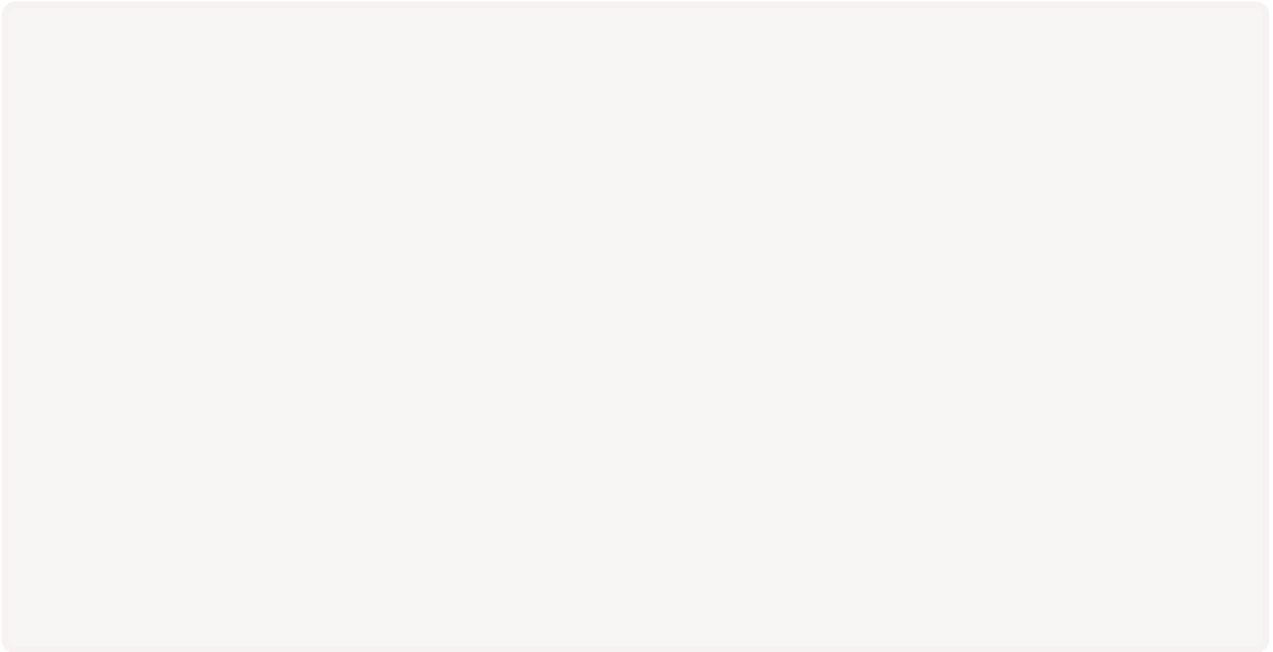


What has been your most favourite day/moment?

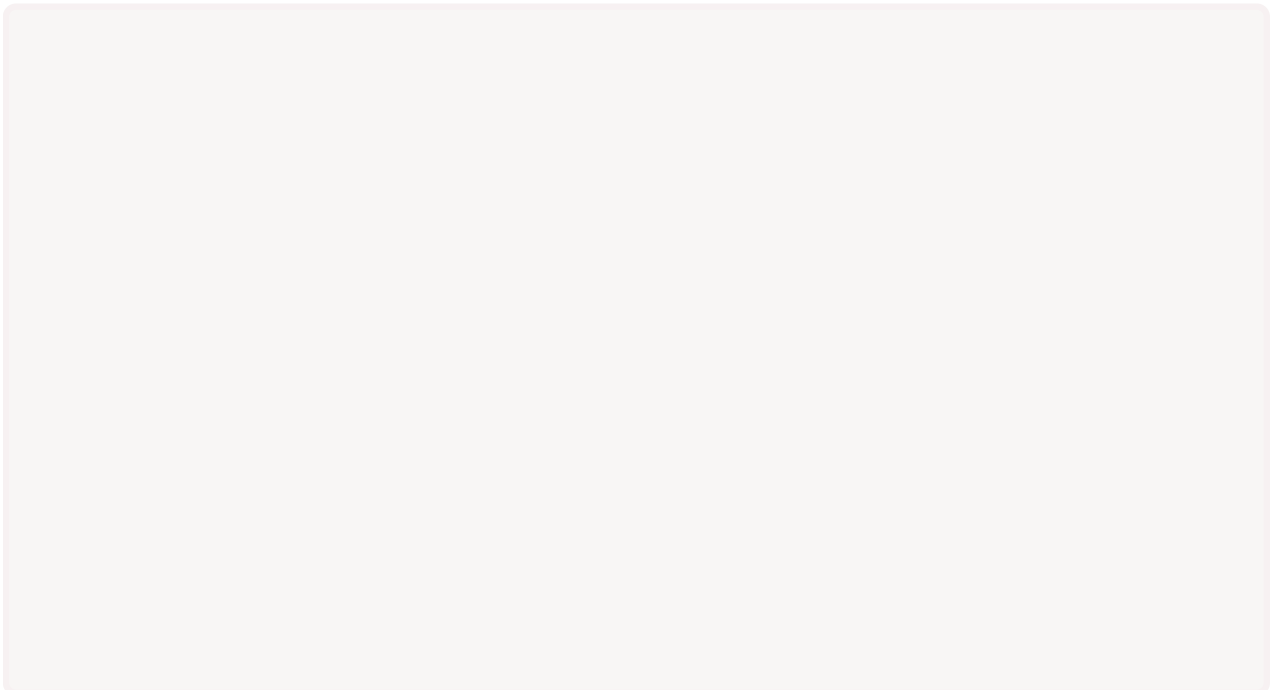


END OF YEAR REFLECTIONS

What have been your greatest achievements? No matter how big or small! think about all areas of your life (work, relationships, money, health, leisure etc.)

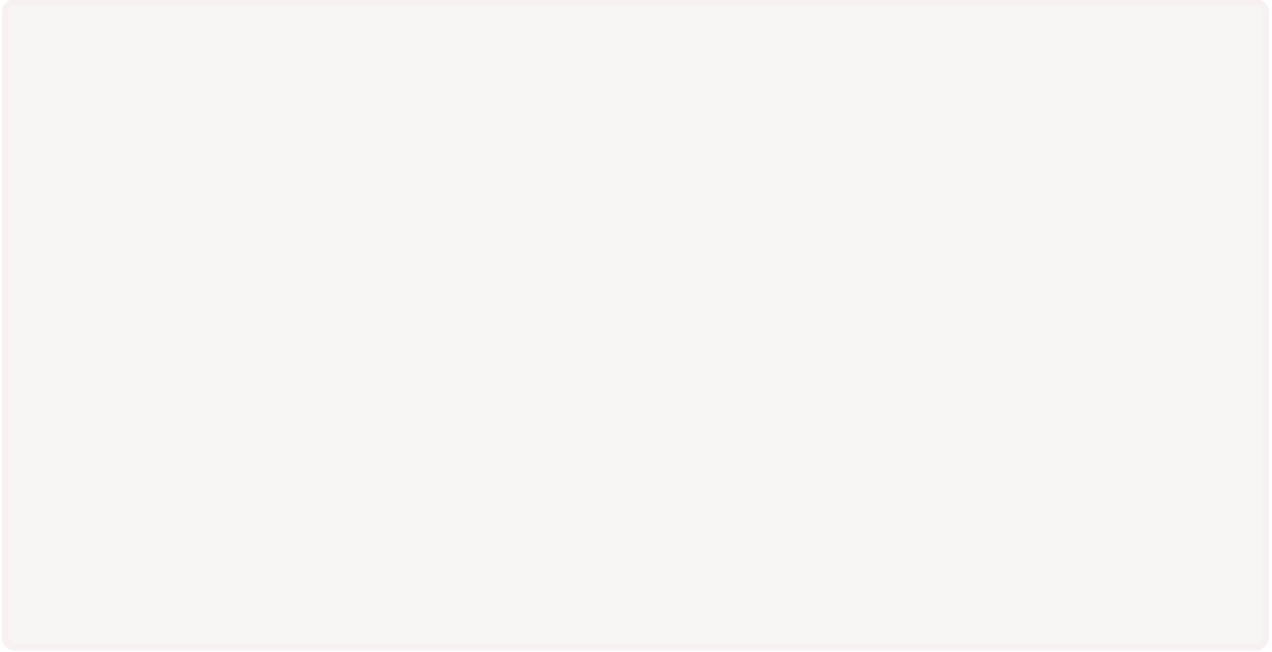


What are you grateful for this year?

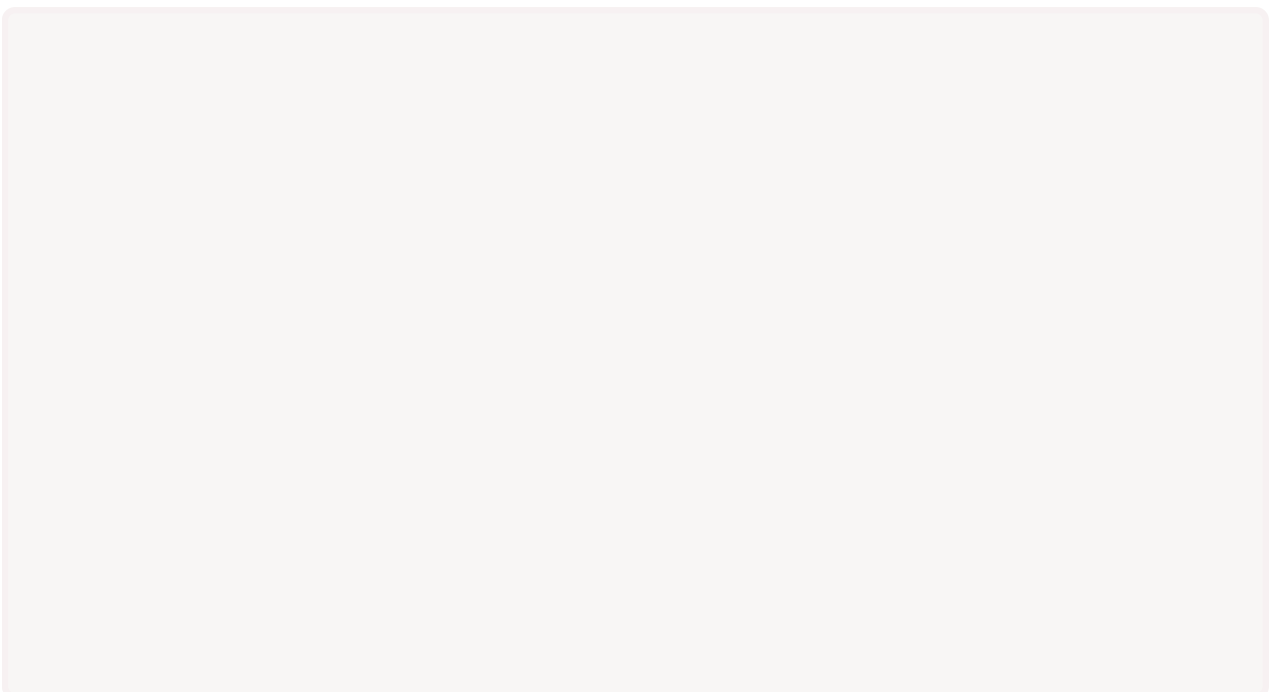


END OF YEAR REFLECTIONS

Is there anyone that needs to be acknowledged this year and shown appreciation?

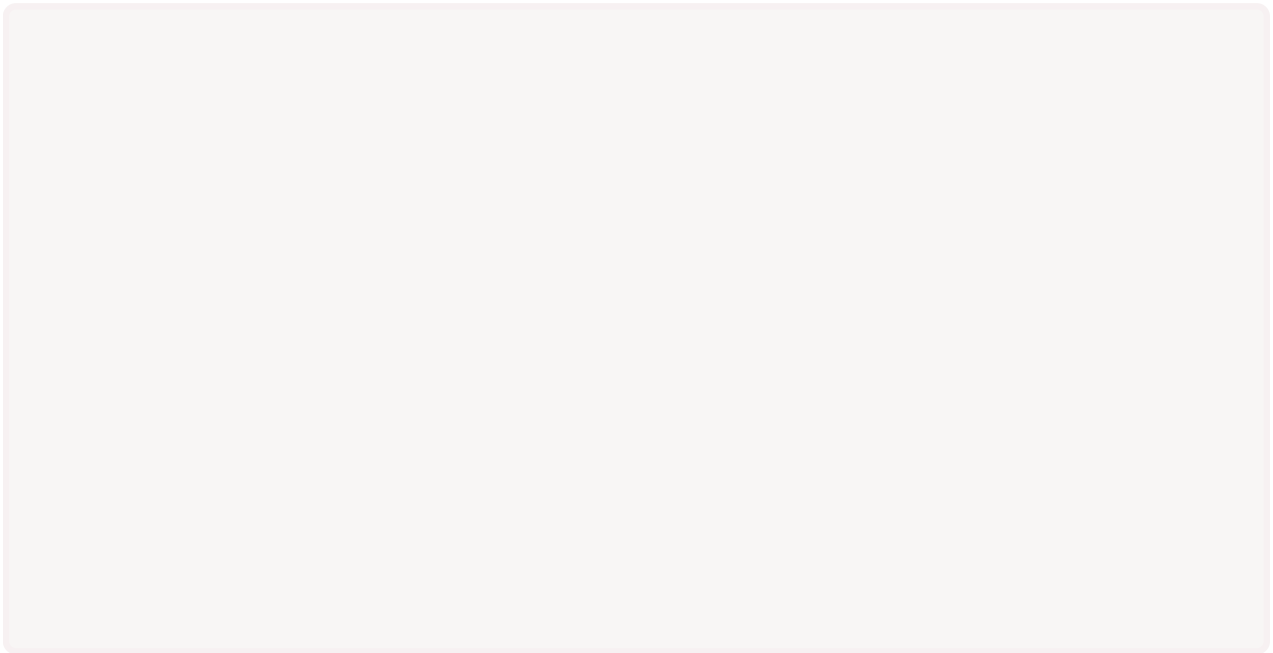


How have you grown this year? What have been the greatest lessons you've learnt?

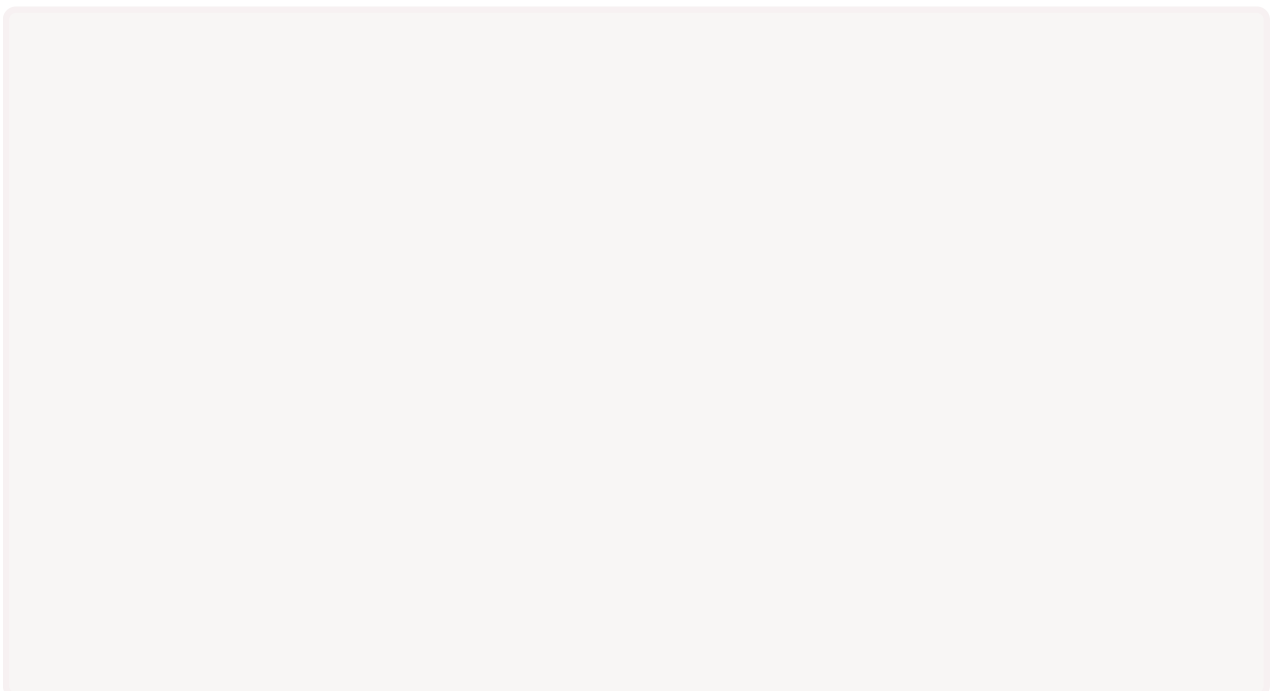


END OF YEAR REFLECTIONS

When were you at your most content and fulfilled this year? To make sure you repeat this next year, reflect on what has been the recipe for happiness this year? Remember, success leaves clues.



What could you learn more about to help you to grow as a person?



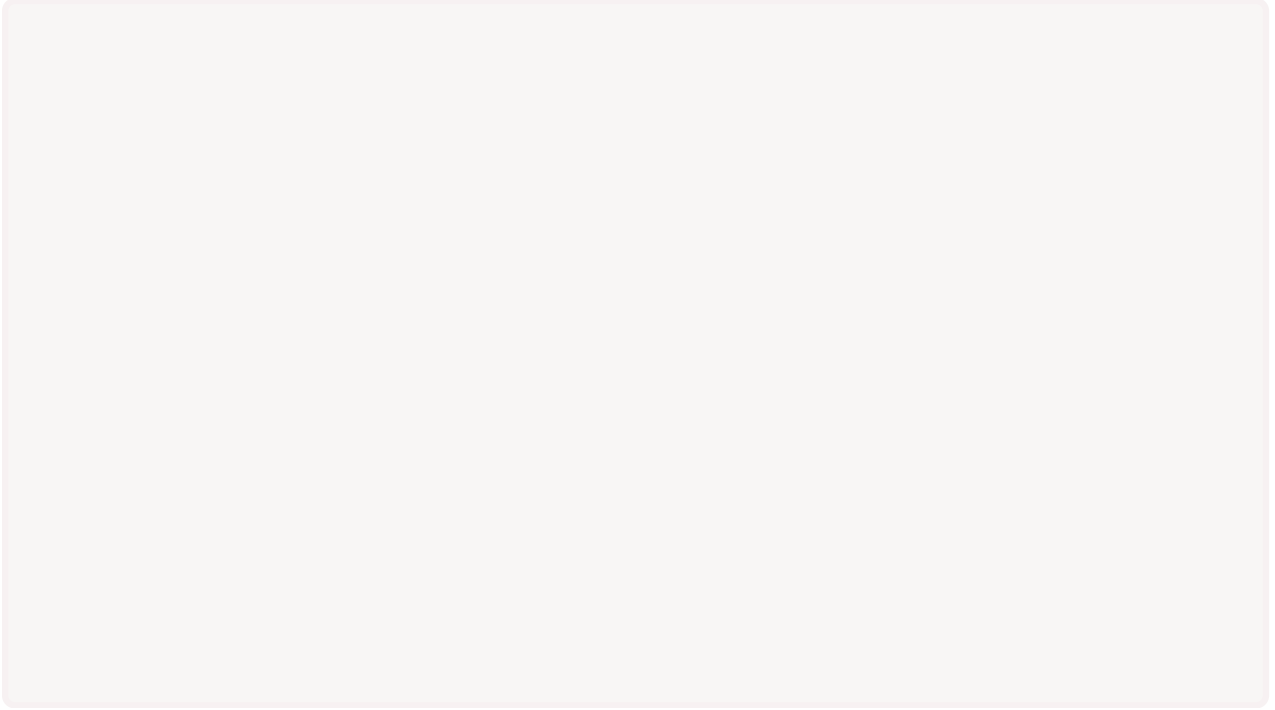
NEXT YEAR

What have been your most challenging moments this year?

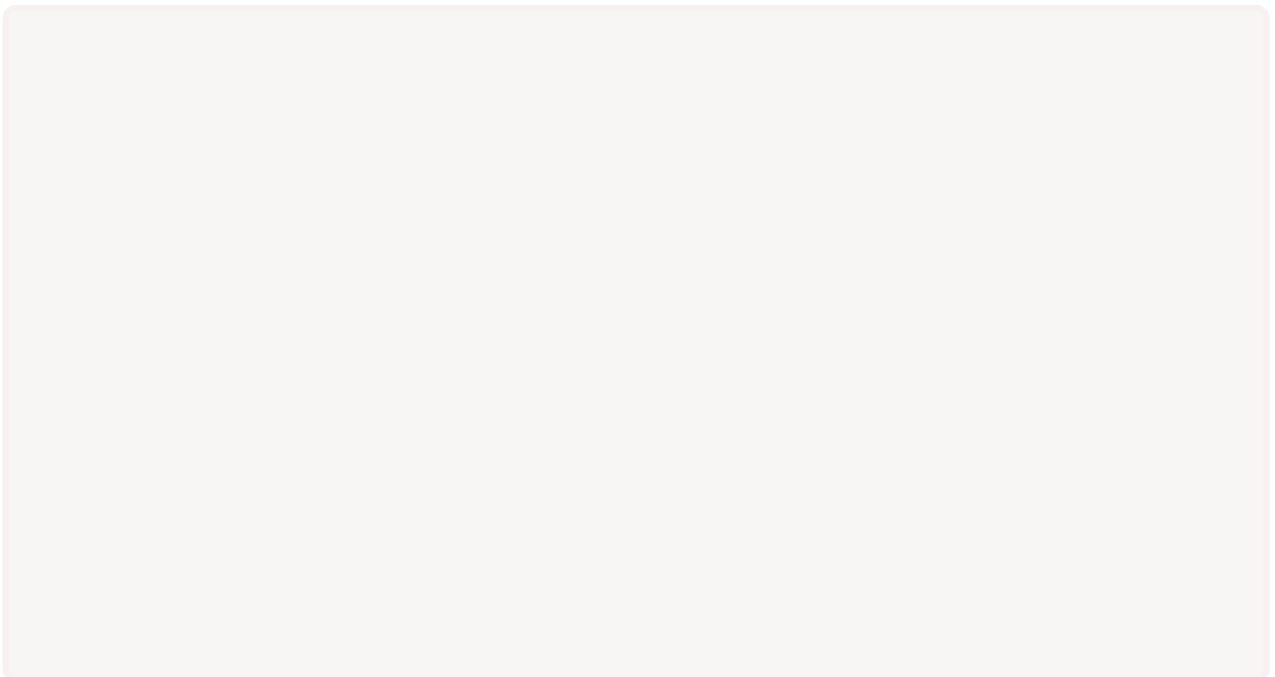
How did you get through these?

NEXT YEAR

What actions could you take to make next year even more magical?

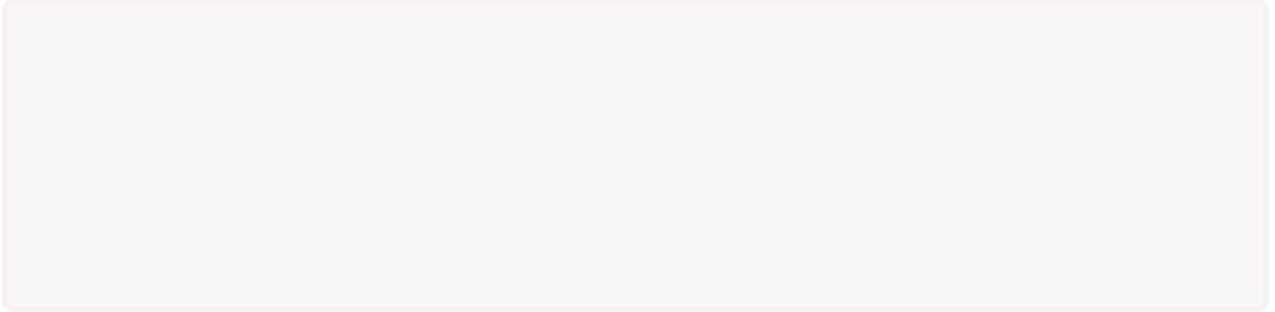


What 3 bits of advice would you give yourself going into next year?

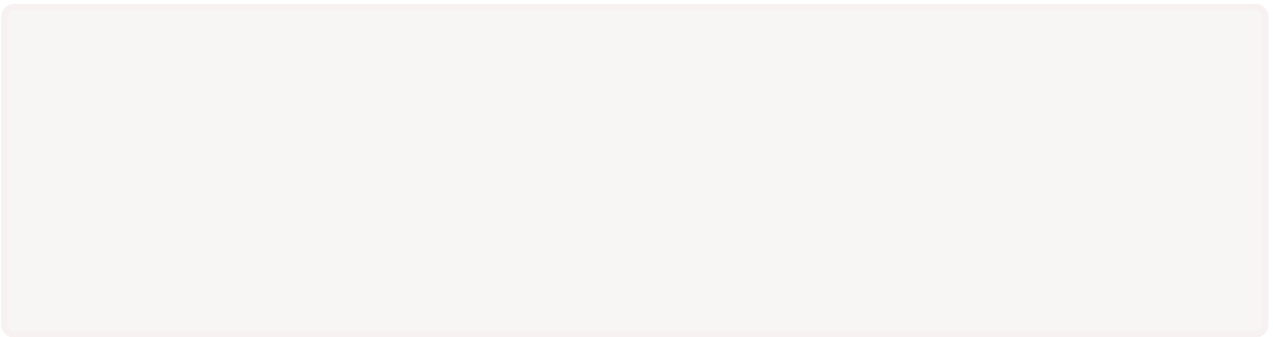


NEXT YEAR...

What word or picture will sum up next year? Next year will be about.....?



If this next year, was the title of a book or a song title, what would it be called?



This is **YOUR** year.