Reflect 2025, Reset 2026

Your thoughtful guide to reflect, realign, and enter the new year with purpose.

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What did 2025 teach you?

Write down the biggest lessons, surprises, and moments that changed you.

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Your Highlights

List the wins, big or tiny.
The quiet victories count too.

Your Challenges

What drained you? What stretched you?
And what did you learn from it?

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Your People

Whose presence made your year softer?
Who helped you grow?

Setting the tone for 2026

Choose your Word of the Year:
Calm, Growth, Courage, Balance, Joy, Focus...
(your choice sets the vibe)

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Your Intentions

What will you continue, start, and let go of?

Continue: _____
Start: _____
Let go: _____

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