

Reflect & Reset

Part One: Reflect

How to Use This Page

This printable is designed for the calm, in-between days between Christmas and New Year - a time to pause and reflect. You don't need to complete every section. Take your time: enjoy a cup of tea, jot down a few thoughts over several days, or simply use it as a gentle prompt for reflection.

There are no right or wrong answers. This page is about noticing, honoring your experience, and being kind to yourself.

1. Moments of Gratitude

What were you grateful for this past year?

2. Lessons Learned

What did the past year teach you?

3. Energy & Daily Rhythm

How did you spend your days? What energized you? What drained you?

4. Simple Joys

What small moments brought you happiness?



5. Letting Go

What are you ready to release or leave behind?

Part Two: Reset

6. Healthy Habits

What gentle habits would nurture your wellbeing?



7. Intentions for the Year Ahead

How would you like to feel in this new year?

What would you like to focus on?

8. Daily Anchors

What simple routines will ground and nourish you?

Morning: _____

Evening: _____

Night-time: _____

*Moving forward, reflect with kindness and welcome the new year
with a sense of calm and possibility.*

