



End-of-Year Reflection and Planning Worksheet

Reflect on the Year Behind

Instructions: Spend a few moments answering these questions honestly and without judgment. Use them to uncover patterns, learnings, and possibilities.

- What am I most proud of this year?
- What brought me joy, and how can I invite more of that next year?
- What challenges did I face, and how did I grow from them?
- What beliefs, habits, or relationships no longer serve me?
- Where did I find meaning this year? What does that reveal about my priorities?

Collage Your Vision for the Year Ahead

Instructions: Create a visual representation of your hopes and intentions for the new year.

1. Set an Intention: What do I want to invite into my life next year? Or you can let the images from the collage help you answer this question. (I like doing it this way more and that is what we will do in our LIVE Zoom is be guided by the collage.)
2. Gather Materials: Collect magazines, scissors, glue, and a surface to collage on.
3. Choose Images Intuitively: Let your intuition guide you. What catches your eye?
4. Arrange and Assemble: Create a collage with no pressure to make it “perfect.”
5. Dialogue with the Images: Ask:
 - What does this image represent in my life?
 - What message does it have for me about the year ahead?
 - How can I embody the energy of this collage?

Plan for Obstacles with WOOP

1. Wish: What do I want to achieve (e.g., meditate daily, learn German)?
2. Outcome: What's the best result if I achieve this?
3. Obstacle: What could stand in my way (e.g., procrastination, fatigue)?
4. Plan: If ____, then ____ (e.g., If I feel too tired to meditate, I'll set a timer for 3 minutes).

Building Your New Year Tower

Instructions

Build a metaphorical tower of your accomplishments throughout the year. The tower symbolizes your progress, and each level represents a specific goal or task. Surround it with a “garden of actions” (optional small wins).

Intentions:

Learning
Well-Being
Professional

Milestones:

Flags - Achievement
Gold Star - Fresh Starts
Flowers - Stepping
Stones



Example Tower. Hand draw it though.

Sketch Your Tower

Whip up a simple tower design, stacking it like a LEGO masterpiece! Each brick represents a step toward your goal (think one brick per week of study or practice). I saw this idea shared on LinkedIn and want to give credit to Mirjam Leunissen.

Color Your Journey

Give each goal a snazzy color (like blue for brainy stuff, green for self-care vibes, and pink for fresh starts when you have fallen off course). Grab those crayons and fill in that segment when you crush a step!

Plant a Garden (If You're Feeling Fancy)

Surround your tower with blooming “flowers” or “plants” that symbolize your little victories (like journaling or saying no to things that aren't intention-aligned). Every tiny win earns you a fabulous new flower!

Party for Milestones

Pop a flag or some sparkle on your tower when you hit those big milestones (like acing an exam or rocking 30 days of zen).

Color Code Goal Categories for Your Tower of Triumph

- Learning Goals: For example, leveling up in a new language each week. **TURQUOISE**
- Personal Well-Being Goals: Like daily doses of meditation or gratitude. **YELLOW**
- Professional Goals: Think certifications or exciting work projects. **PINK**
- Fresh Start Goals: Give yourself credit for falling off, overcoming an obstacle and getting back to building your tower **GREEN**

By making your progress a visual fiesta, you'll engage with your dreams in a fun, artsy way—turning the grind into a groove!