



# My 2025 Year-In-Review Journal

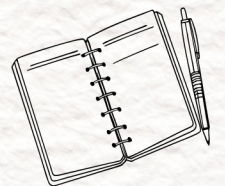
A gentle look back before moving forward

## PAGE 1 – Opening Reflection

2025 in one word: \_\_\_\_\_

When I think about this year, the feeling that rises first is...

Why does this word feel true for me?





## PAGE 2 — Highlights, Wins & Gratitude

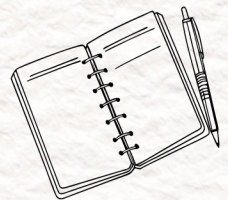
Moments from 2025 I don't want to forget:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Small wins that mattered more than I realized:

Simple moments I'm grateful for:

- Quiet mornings • Cozy routines • Meaningful conversations • Familiar comforts





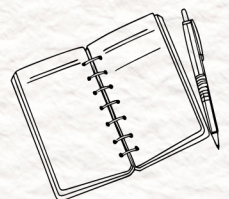
## PAGE 3 - Challenges, Growth & Creativity

This year challenged me by...

What those challenges taught me about myself:

In 2025, my creativity felt strongest when...

My energy felt drained when...





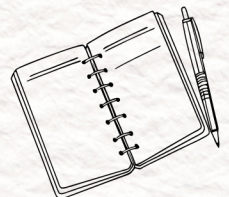
## PAGE 4 — Letting Go & Lessons

As 2025 comes to a close, I'm ready to release:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

These no longer serve me because...

2025 taught me that...





## PAGE 5 — Looking Ahead & Closing

As I step into the next year, I want to move with:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

One gentle intention for the year ahead:

Finish this sentence as many times as you need:  
I'm proud of myself for...

A note to myself as I leave 2025 behind:

