

### Get in the Right Headspace

- Set aside quiet time with your favourite drink and notebook.
- Find a calm space — free from interruptions for at least 30 minutes.
- Bring your 2025 calendar, planner, or journal for reference.
- Think about what’s felt heavy or rewarding this year.
- Choose one word that describes how 2025 has felt overall.

### Reflect

List three moments, achievements, or changes you’re proud of.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Note one challenge that helped you grow.

1. \_\_\_\_\_

Write down what drained your time or energy this year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Identify one thing you want to leave behind in 2025.

1. \_\_\_\_\_

### Reset

List three habits or “shoulds” you’d like to release.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Note what truly matters to you now — your non-negotiables.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Circle one area of your life that needs a fresh start (home, health, work, relationships).

1. \_\_\_\_\_

Write one affirmation or reminder that will help you reset your mindset.

1. \_\_\_\_\_

### Recharge

Write three simple ways you'll rest and recharge this holiday season.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Schedule at least one day of total downtime before January. Date: \_\_\_\_\_

Identify activities that make you feel calm and grounded — and plan to do them Regularly.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Prioritise for 2026

List your Top 3 priorities for the new year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

For each one, write one small action you can take in January.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Review your to-do list — mark what's truly essential.
- Rewrite your list with only the tasks that align with your priorities.

### Maintain Momentum

Choose one daily or weekly habit to keep you on track.

1. \_\_\_\_\_

Add a monthly “mini-reset” to your calendar. Date: \_\_\_\_\_

**Reflect:** What one word sums up how you want to feel next year? \_\_\_\_\_

**Commit:** Choose one action to take this week to start strong. \_\_\_\_\_

- Keep your priorities list somewhere visible (fridge, desk, phone wallpaper).
- Celebrate progress, not perfection — review every 3 months.