REFLECTION & INTENTION-SETTING
New Year's Prompts

Looking Back
What is a moment from 2024 that made you feel truly alive?

Laughter
What was the funniest or most lighthearted memory of 2024?

Resilience
What challenge did you overcome in 2024, and what did it teach you?

Gratitude
What are three things you're most grateful for as the year ends?

Health
What small change could you make to feel healthier and more energized in 2025?

Excitement
What's something you're looking forward to or feeling hopeful about in 2025?

Letting Go
Is there something you've been carrying that you're ready to release in 2025?

Cultivation
What habit or mindset do you want to nurture in the coming year?

Connection
How can you invest in the relationships that matter most to you?

Growth
What's one area where you want to stretch yourself or step outside your comfort zone?