

DECEMBER REFLECTION WORKSHEET

FOUR WEEKS TO FINISH STRONG

STEP 1: ACKNOWLEDGE YOUR YEAR

What actually happened this year? Not the Instagram version, not the performance review soundbite - the truth.

- What worked?
- What did you learn the hard way?
- What shifted in how you see yourself?
- What surprised you?

Write freely. No polishing.

STEP 2: CELEBRATE

We skip this part. Not today.

- What are 5 things you're proud of?
- What did you follow through on, even when it was hard?
- What 'small' wins mattered more than the big stuff?

PRIDE IS FUEL.

1

2

3

4

5

STEP 3: RELEASE WHAT DRAINED YOU

Some things don't need fixing - they need ending.

- What tasks, habits, relationships, or expectations exhausted you?
- What will you **not** carry into 2026?

Choose one thing to release this month.

STEP 4: RECONNECT WITH YOUR CIRCLE

Momentum doesn't happen alone.

- Who do you want in your corner next year?
- Who energises you?
- Who did you drift from but want to rebuild with?

List three names. Message one this week.

STEP 5: REFRESH YOUR SYSTEMS

You don't need a new personality. You need smoother friction points.

Pick one system to tidy:

- Calendar
- Digital files
- Notes & ideas
- Task list
- Templates

STEP 6: SET YOUR FIRST MOVE FOR 2026

Not a resolution. Not a year plan. One move that matters.

Complete this sentence:

'In January, the first thing I'll do to set the tone is...'

Your Shift Statement

'This year, I'm moving from _____

to _____ ***'***

FINAL THOUGHTS:

Add anything else that comes to mind here that will help you keep on track.