

Design Your Best Year

by *Design the Best You*

Empower yourself to achieve your dreams and design the life you want in 2025

Section 1: Reflecting on the Past Year

Reflecting on your experiences helps you grow and set meaningful goals for the future.

1. Your Wins

Celebrate your biggest achievements:

1. _____
2. _____
3. _____

2. Challenges and Lessons

What challenges shaped you this year? What were your lessons - how did you overcome them?

Challenges: _____

Lessons: _____

3. The year in sentences...

1. The most important lesson I learned was _____
2. The moment I felt most proud of myself was _____
3. A risk I took that paid off was _____
4. The wisest decision I made was _____
5. The biggest challenge I overcame was _____

6. Something I started I want to continue is _____
7. A relationship that grew stronger this year was _____
8. One way I stepped out of the comfort zone was _____
9. A habit I developed that improved my life was _____
10. Looking back, I'm most grateful for _____

4. Looking Back: Dear me from 1st January of this year...

Write a letter to the version of yourself that you were on 1st of January of this year.

This is your opportunity to close the year in a way that sets you up for the best future, so conscientious reflection and authenticity is crucial. Take your time to talk about your achievements, how you developed personally, things that you would change or do differently if you could go back, things you will continue to do, etc. Pay attention to areas such as your personal development, day to day life, finance, career, relationships, health, leisure and any other aspects of your life that are important to you.

Take your time - this is your time. It's your life. Write from a space of love and compassion. Be your very best friend.

Dear,

With love,

[sign your name]: _____

[today's date]: _____

