

THE FRESH START REFLECTION JOURNAL

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The Fresh Start Reflection Journal

Closing the Chapter on 2025 to Make Space for 2026

Name: _____

Date: _____

INTRODUCTION

Welcome to Your Fresh Start

Before we rush into the "new year, new you" energy of 2026, it is vital to pause. You cannot build a new house on a cluttered foundation.

This journal is designed to help you harvest the wisdom from the past 12 months, acknowledge your growth, and gently set down the heavy luggage you don't need to carry forward.

How to use this journal: Find a quiet space where you won't be interrupted for 30 minutes. Grab your favorite pen and a warm drink. Be honest with yourself—no one else needs to read this but you.

Part 1: The 2025 Audit (The Rearview Mirror)

Goal: To objectively review the year without judgment.

1. The Highlight Reel Scroll through your camera roll or calendar from the last year. What were the 3 moments where you felt most alive, proud, or at peace?

1.

2.

3.

2. The Unexpected What is one thing that happened this year that you didn't plan for, but ended up being a blessing in disguise?

3. The Challenge What was the hardest thing you had to do this year? How did you handle it, and what did it reveal about your resilience?

Part 2: The Wisdom Harvest (Identifying Lessons)

Goal: To turn experiences into data for the future.

4. The Energy Audit

What gave you energy in 2025? (Specific people, projects, habits):

- _____
- _____
- _____

What drained your energy in 2025? (Specific obligations, mindset traps, clutter):

- _____
- _____
- _____

5. The "Time Capsule" Message If the "You" of today could travel back in time to January 1st, 2025, what one piece of advice would you give yourself?

6. The Definition of Success How has your definition of "success" changed from the beginning of 2025 to now?

Part 3: The Great Release (Leaving it Behind)

Goal: Conscious uncoupling from bad habits and old stories.

7. What are you tolerating? Write down 3 things you are currently tolerating in your life (e.g., a messy desk, a vague boundary with a friend, a negative self-talk loop) that you are unwilling to tolerate in 2026.

1. _____
2. _____
3. _____

8. The "No" List To make room for a "Yes" in 2026, you must say "No" to something else. What are you leaving in 2025?

- I am leaving behind the need to: _____
- I am leaving behind the relationship with: _____
- I am leaving behind the habit of: _____

9. The Closing Ritual Write a short "Goodbye Letter" to 2025 below. Thank it for the lessons, acknowledge the hardships, and declare the year complete.

Part 4: The 2026 Spark

Goal: Setting a feeling/intention rather than hard goals.

10. The Word of the Year If 2026 had a theme song or a single guiding word, what would it be? Why?

My Word: _____

Why I chose this word:

Final Affirmation

"I step into 2026 lighter, wiser, and ready for what's next."