

Reflection & planning guide

2024/2025



Reflections

- ◇ What memories from 2024 would I like to savour?
- ◇ What or who inspired me?
- ◇ What did 2024 teach me about myself?
- ◇ What was a good use of resources – time, energy, emotion and money well spent?
- ◇ What challenged me in 2024? What worked well about how I handled it?



Reflections

- ◇ Who showed up for me this year and how can I nurture those relationships?
- ◇ How did I honour my own needs?
- ◇ Where did I find peace, joy and love?
- ◇ I am grateful for.....



Present

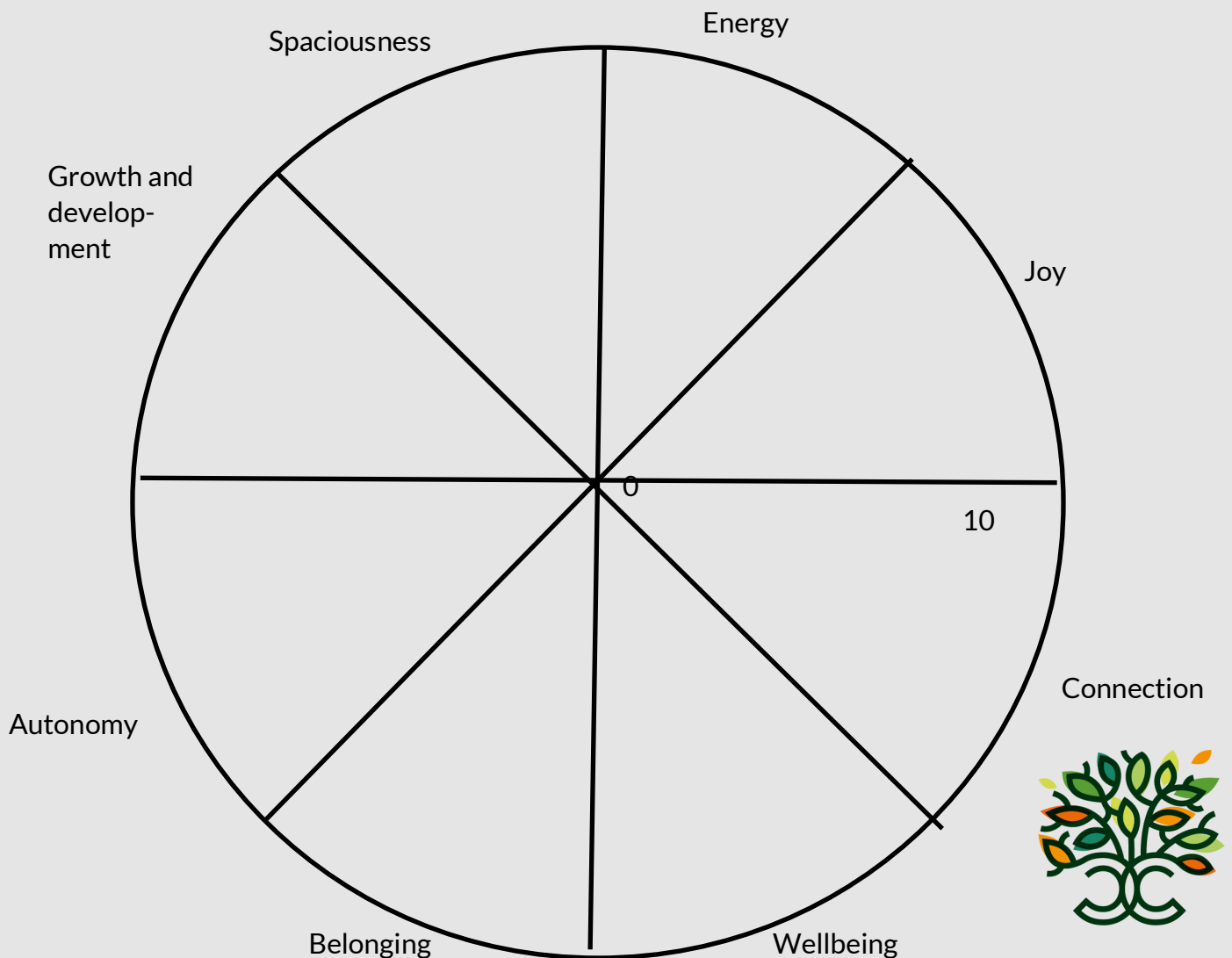
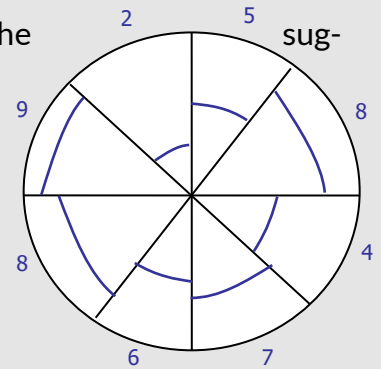
Present

The 8 sections in the Wheel represent balance. You can choose to keep the gested elements and take your own meaning from each, or create your own so it's meaningful and represents what balance means for you.

Taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example).

The new perimeter of the circle represents your present.

What do you notice? How do you feel? What changes would you like to make?



Present

◇ Notes



Future

- ◇ For 2025 to be just as I would like, it will be like what?
- ◇ And for that to happen, what will I invite in and what will I choose to let go?
- ◇ What 3 words describe how I choose to be in 2025?
- ◇ How will I take good care of myself?
- ◇ How will I care for those around me and for the earth?



Future

- ◇ What learning, will I invite into my year?
- ◇ Where and how will I find connection?
- ◇ How will I invite joy into the coming year?
- ◇ What boundary or boundaries will improve my peace and how will I hold them?
- ◇ Where will I focus my energy?

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