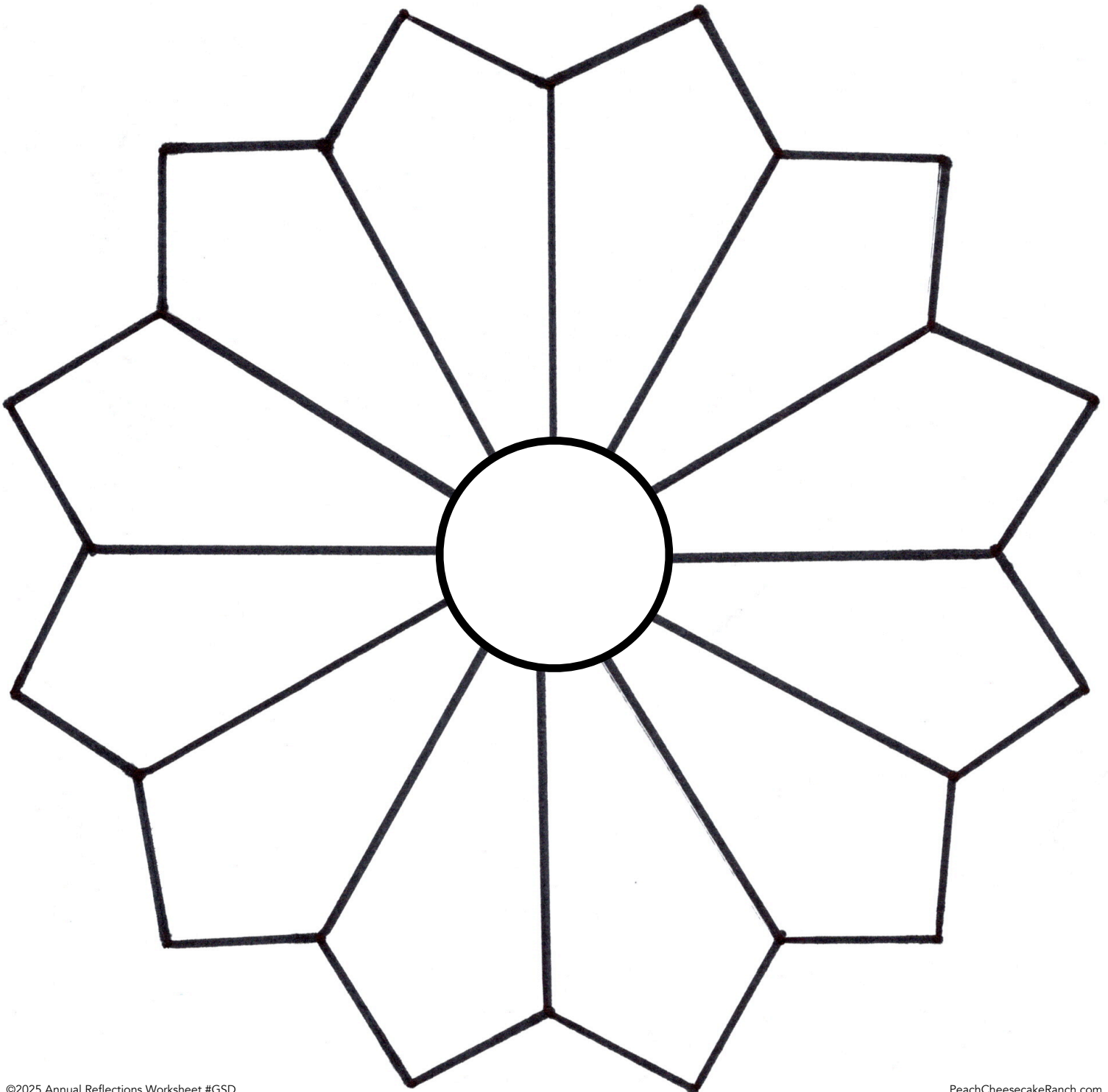


# annual reflections

## Overview

Use this tool to visually map the insights, impact and defining moments of your past year. Through color, key words, and doodles, this reflection helps you visualize all that you accomplished, internal shifts, and the challenges you moved through. This approach invites you to step back and see your year holistically—alive with texture, nuance, and meaning. This practice helps you:

- Recognize emotional and energetic patterns.
- Honor what was difficult and celebrate what was meaningful.
- Reconnect with your strengths, values, and hard-won insights.
- Create clarity as you transition into a new year.



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## Your year's essence

The emotional tone, central theme, or through line that shaped your year.

- How would you summarize your year? How would you describe the essence of the past 12 months?

- If you had to express the year in one word or a short phrase, what would it be?

Place your one word or phrase, or a symbol that represents it, in the center of your mandala.

## Monthly Reflections

Each of the twelve outer segments represents one month. Move through the year—chronologically or intuitively—and reflect using these prompts:

- A small thing that meant more than you expected...
- What drained your energy? What gave you energy?
- What did this month quietly teach you?
- What was the most delicious? (a moment, connection, experience, surprise)

Use your answers to fill each month's section with:

- Key words
- Colors that match the mood
- Doodles, icons, or symbolic shapes

There is no right or wrong way to fill the mandala—let your intuition guide you.

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## The year in review

Once you've filled in your monthly sections and can see it visually, reflect on these prompts to help transform the mandala from a creative exercise into an integrated narrative of your growth.

- What were the most important decisions you made last year?
- What surprised you about the year once you saw it visually?
- In what ways are you proud of yourself?
- What is worth bringing with you? What can you let go of?

## A Sweet Closing Prompt

What would I thank myself for, if I wrote myself a little thank-you note for this year? (Consider writing your answer on a separate card you tuck into a journal. This step seals the process with gratitude and compassion.)