



Activity 1: Reflect & Release

Write down one pressure-driven goal you feel compelled to achieve but doesn't truly serve you:

Write down one accomplishment from 2024 that you're proud of and want to build upon:

Activity 2: Wins & Lessons Matrix

What Worked:

What Didn't Work:



Activity 3: SMART Goals Template

Specific: What exactly do you want to achieve?

Measurable: How will you measure your progress?

Achievable: Is this goal realistic and attainable?

Relevant: Does this goal align with your values and vision?

Time-bound: What's your deadline for achieving this goal?



Activity 4: Roadmap to Success

Q1 Milestone/Step:

Q2 Milestone/Step:

Q3 Milestone/Step:

Q4 Milestone/Step:

Activity 5: Personal Mantra Card

Write your personal mantra for 2025: