

REFLECTION

Take a moment to look back at
2025



Prompts

What helped me get through the hardest moments?	What have I learned about myself?
Who or What supported me?	What coping skills did I use, intentionally or unintentionally?
What am I proud of surviving?	When did I realize something was too much?
Where did I say “no” or wished I had?	How did I show resilience?



You are not starting this year from zero.

You are starting with the strengths, skills, and achievements you built last year. Every step you took, big or small, proves your resilience and readiness for what's ahead.