

# A Look Back on 2025— A Reflection

List three defining moments in 2025 that have shaped you now.

Who in your life teaches you how to say “yes” to your well-being and, by extension, your joy? [list their names and the ways you’ve learned from them]

As you walk into the future, how would you like to be in the coming days, weeks, months, and years?

How are you dreaming of becoming?

