

# New Year Reflection Exercise

## Step 1 - Reflect on 2024

Find two blank pieces of paper.

- On the first paper write down what you don't want to take with you into 2025.
- *Find a quiet, and safe place to BURN THIS FUCKER! You are moving forward and do not need to take the 2024 person with you.*

## Step 2 - Reflect on 2025

On the second piece of blank piece of paper.

- Write down your hopes for 2025.
- What would you like to continue doing from 2024?
- What would you like to change?

*Keep this vague, we don't want specific goals, we want to ensure we cultivate self-compassion in this exercise. So, it could be as simple as spending more time with loved ones.*

## Step 3 - Think of a mantra/word

- This will be your lighthouse during the year. You can create a visual representation of this word as a college, or a screensaver on your phone.
- You can be as creative as you'd like!

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