

**~ Manifest Your Best ~ Bonus Worksheet - January 2025**

**A Year In Review 2025**

This is THE BEST worksheet!

Go make yourself a cuppa. Dive in. Enjoy the process 😊

It’s the morning of Christmas Eve, Monday December 24th 2025 and I’ve reached today feeling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I’ve just had one of those secret miracle cancellations of a “we must catch up before Christmas!” coffee meetings I secretly wasn’t that bothered about and happily found myself with a spare hour in this gorgeous little café on my own with my favourite \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ already ordered and on its way! WOOP! Mmmm. I’ve got my laptop / journal / back of an old envelope and a pen with me…do you know what? I am going to take a moment to review my 2025, right here, right now. I am a Wellbeing Warrior, I LOVE doing this stuff!

Overall, I feel pretty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about 2025, the things I am most proud and pleased of is that I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I am also really glad that I resolved \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. My happiest moment this year was shared with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and it was so special.

When I break it down a little, WW style, it’s very cool to look at the progress I’ve made in each area of life this year, some are small wins, some are bigger, but it’s a good balance. Well done me!

In terms of mental health and personal growth I am really pleased I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as that has made a real difference to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When it comes to the key relationships in my life, specifically with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the best thing we have done/created/discussed/progressed/experienced this year was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am SO glad I made the time to make that happen.

In terms of my house/living situation I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about how I’ve managed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this year! Body-wise, my physical health this year has really benefitted from the decision I took to consistently look after myself by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and doing that \_\_\_\_\_\_\_\_\_\_\_\_. I am also SO proud of myself for starting the micro-habit of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ every day: I started Monday January 1st (Mega Monday!) and I have not missed a single day! Biiiiig win! I have learned \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about myself from a year of keeping my word to myself and my body.

I am also super proud of how \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has unfolded in my career/job/retirement, directly linked to my decision to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Money has been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this year and I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about it due to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Socially \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was brilliant for me, and my favourite pastime/hobby/holiday/event of the year was undoubtedly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

In terms of friends and family I am SO glad I diarised the time to do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this year, and that I also had great experiences/connections with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

This year I am so grateful for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ worked out. I am also feeling peaceful about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and that I can gently farewell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: its time to let that go. I am absolutely proudest of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have learned so much about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this year. I am a woman who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I am so glad I invested time and prioritised \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in 2025, that has really made a difference to my life. The happiest moment of the whole damn year was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and the whole year has been filled with much joy and connection. If 2025 has been this good I can’t wait to see what 2025 has in store!

I am going to finish this delicious \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in this café, and go have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Christmas! What a year to review, super pleased with myself: 2025 has rocked my socks off! Being so INTENTIONAL about who/how/where I invested my time/energy/attention/finances has created the most wonderful year jam packed with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Bring on this beautiful Christmas about to unfold, and a whole new year for me intentionally fill in 2026!

Write down any other insights or actions that have come to you as you have done this exercise.

| I am so proud of myself for doing 1% more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in 2025, and intentionally doing 1% less \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Small changes that I stuck to that have made a big impact. |
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