~ 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.