



2025

# END OF YEAR REVIEW



## 2025 Reflection & 2026 Intentions

A gentle end of year review from The Grateful Hearts Club. Take your journal and allow yourself to be guided by the prompts below.

### A note from Erin

There's no rush with this and nothing to get right. You don't need big realisations or perfectly formed answers. This is simply an invitation to look back at the year you've lived, notice what you've moved through, and gently start to open the door to what you want more of next.

This reflection is here for you, but it's also a preparation. On 8th January we'll be coming together for our Vision Board Workshop, where we'll take this awareness and go deeper. We'll get clearer, more specific, and start shaping what you actually want to call into your life next year.

For now, just be honest with yourself. You might do this all in one go, or dip in and out over a few days. There's no right way.

Let this be a soft preparation before the new year begins.

# 2025 Reflection

*A gentle look back, without judgement*

## Looking back on worries and fears

- What worries did you carry this year that never actually came true?
- What has this taught you about yourself?
- Where did you handle things better than you thought you would?

## The people and energy around you

- Who did you surround yourself with this year that genuinely added value to your life?
- Who made you feel safe, supported, inspired, or more like yourself?
- Where did you notice certain relationships no longer fit, and what did that show you?

## What you consumed and absorbed

- What content had a positive impact on you this year?  
Books, podcasts, programmes, courses, social media, conversations
- What helped you feel calmer, wiser, more hopeful, or more aligned?
- What kind of content drained you or pulled you away from yourself?

## Forgiveness and softening

- What moments from this year are you ready to forgive yourself for?
- Is there anyone else you feel ready to soften towards, even a little?
- What would it feel like to step into 2026 without holding onto any grudges?

## Your impact

- In what ways did you positively impact other people's lives this year?  
Big or small, obvious or unseen
- Where did you show up with kindness, presence, or courage?
- What are you quietly proud of that maybe no one else noticed?

# Lessons & Growth

## What this year taught you

- What did 2025 teach you about your boundaries?
- What did it show you about your capacity, resilience, or needs?

- What patterns became clearer to you this year?
- What are you taking with you into the next chapter, and what are you ready to leave behind?

## Gratitude

- What moments from this year bring a smile when you think of them?
- What parts of your life feel more stable, open, or aligned than they did a year ago?
- What are you most grateful for about who you are becoming?

## Looking Ahead to 2026

This isn't about pressure or perfect goals. Let this be curious, playful, and honest.

Before you move into this section, know that you don't need all the answers yet. These prompts are here to open awareness. We'll build on this together in our Vision Board Workshop on 8th January, and continue to revisit and refine things through our Manifestation Mondays inside the club.

### Dreaming without limits

- If anything felt possible next year, what would you love to call in?
- How do you want your life to feel on a day to day level in 2026?
- What would more ease, joy, or freedom actually look like for you?

### You next year

- How do you want to show up for yourself this year?
- What kind of energy do you want to bring into your relationships, work, and everyday life?
- What version of you are you ready to meet?

### Intentions, not pressure

- What do you want to prioritise next year?
- What are you done with tolerating?
- What would it feel like to trust yourself a little more?

## Final Reflection

*Closing this year with gratitude*

- What can you thank 2025 for, even if parts of it were challenging?

- What are you proud of surviving, learning, or choosing differently?
- What intention would you like to carry with you as you step into the new year?

As you finish this journal, you may start to notice themes, feelings, or desires rising to the surface. Hold onto those.

We'll take this work further together in our Vision Board Workshop on 8th January, where reflection becomes vision. And through our Manifestation Mondays, we'll keep coming back to what matters, checking in with your energy, and staying connected to what you're calling in.

You don't have to do this alone.

## A short grounding + visualisation

Before you close this, pause for a moment.

Place one hand on your heart. Take a slow breath in through the nose, and a long breath out through the mouth.

Imagine yourself standing at the end of 2025. Notice what you're still holding.

Now imagine gently placing anything you no longer need down. Worries, guilt, old stories, pressure.

See yourself stepping into 2026 a little lighter. A little more trusting. A little more open.

Let one word come to you that you want to carry into the year ahead. Write it somewhere you'll see it.

That's enough.

## An invitation

If you're reading this and you're not yet inside The Grateful Hearts Club, you're very welcome to join us.

Inside the club you'll find our 28 Days to a Grateful Heart programme, a gentle daily journey to help you reconnect with gratitude, shift your perspective, and build practices that actually support your everyday life. There's also a growing workshop hub, filled with nourishing sessions you can dip into whenever you need a reset, some clarity, or a reminder of what matters.

We come together for live calls, our Vision Board Workshop on 8th January, and our weekly Manifestation Mondays, where we keep dreaming big, getting clear, and reminding ourselves that more is possible than we

sometimes allow ourselves to believe.

More than anything, this is a support system. A little magical bubble we've created together. A space to come back to gratitude for life, to feel held, and to dream without limits, just like we did when we were younger.

If you'd like to continue this work alongside a like minded community, you can join us via the link below.

[!\[\]\(bd1a142de767a21e5362c595f844a4ff\_img.jpg\) The Grateful Hearts Club](#)

[\*\*1 Jan 2026\*\* Doors open!](#)

Wishing you all a beautiful transition into 2026. And remember theres no rush, you're exactly where you're meant to be.

Erin x