



Looking Backwards, Looking Forwards Review of the Year 2025

Here are some reflection questions to set yourself up for 2026. Pick and choose the questions that make most sense and are most useful for you:

The year 2025

1. Plot the year with major peaks and troughs
2. Score 2025 out of 10
3. Find a metaphor that sums up the year
4. Theme - I will remember 2025 as the year of...
5. What's one project you made progress on this year?
6. What's surprised you most about this year? What's been unexpected?
7. How did you limit yourself in 2025 and how can you stop?
8. What one habit did you change for the better in 2025 (and will continue)?
9. What is the one question/mantra you have used consistently over the last year to create the results you want?
10. What did you enjoy the most about 2025?

The year 2026

11. If you could create a theme for 2026, what would it be?
12. By the end of the year, what single thing do you want sorted / created / achieved?
13. Who do you want to BE in 2026?
14. Who will you spend more time and attention on in the coming year? Which relationship(s) will you give renewed attention to?
15. What would you have to believe about yourself and the world to have a positive 2026?
16. If you were being brave in 2026, what would you do?
17. What 3 things can you do to set yourself up to succeed in 2026?
18. What new habit are you building? What's your deep practice?
19. How will you probably sabotage yourself? And how will you stop?
20. What small steps can you take in the month of January 2026 to start the year with a flourish?