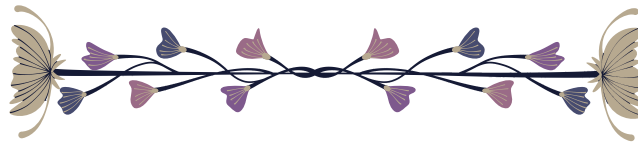


12 Days of Reflection: A Year-End & New Year Tool

The 12 Days of Reflection are an invitation to pause, look back over the past year, and prepare your heart and mind for the year ahead. Each day offers a thought-provoking question to help you reflect, journal, or discuss with others.



Day 1 – Looking Back

What moment from this past year are you most proud of and what does it reveal about what truly matters to you?

Day 2 – Lessons Learned

What was a challenge or setback this year that ended up teaching you something valuable? How did it change your perspective?

Day 3 – Small Joys

Which small, ordinary moments brought you unexpected joy this year? How can you make more space for them next year?

Day 4 – Growth

In what ways have you grown personally, professionally, or spiritually – that you might not have noticed at first?

Day 5 – Gratitude

Who or what are you most grateful for this year? Have you told them?

Day 6 – Letting Go

What do you need to release or stop carrying into the new year – a habit, expectation, or belief that no longer serves you?

Day 7 – Connection

Which relationships nourished you this year, and which ones might need tending in the year ahead?

Day 8 – Rest and Renewal

How well did you rest this year? What does rest look like for you – and how might you prioritise it more intentionally?

Day 9 – Purpose

When did you feel most aligned with your values and purpose this year? What were you doing and how can you do more of that?

Day 10 – Courage

What took courage from you this year and what might require courage in the year ahead?

Day 11 – Imagination

If nothing held you back, what would you love to create, change, or explore in the next 12 months?

Day 12 – Hope

What gives you hope as you step into a new year personally, locally, or globally?

I hope you have found these reflections helpful as you end one year and move into the next. Wishing you every success for 2026.

Suzie