

Viktor & Pav MINI REFLECTION SHEET — FINISHING 2025 STRONG

A short wellbeing check-in for solo professionals

Quick check-in

Take five quiet minutes to reflect before planning the weeks ahead.

Energy

When do I feel most focused and creative?
What drains me faster than I expect?

Boundaries

Where am I saying “yes” when I actually need to pause?
What one boundary would help me finish this year with more calm?

Connection

Who do I want to reconnect with before year-end — for support, collaboration, or just a genuine chat?

My finish-strong focus

Work:

Wellbeing:

Connection:

Reflection:

Micro-rituals for resilience

- ☐ 10-minute break between meetings
- ☐ Write tomorrow's top 3 before closing the laptop
- ☐ Friday reflection (What worked / What drained / What next?)
- ☐ Reach out to one peer or mentor
- ☐ One evening fully offline

Small rituals compound. The goal isn't to do more — it's to do what matters with ease and energy.

Closing thoughts

“Your wellbeing isn't separate from your business, it's the foundation of it.”

Coming February 2026: The Solo Entrepreneur Wellbeing Toolkit
www.munnellycoaching.com