

Reflections

A JOURNEY OF GROWTH
AND GRATITUDE



End-of-year reflections serve several purposes. This is an opportunity to reflect on this past year and give you perspective on the journey you've undertaken throughout the year.

- **Self-Awareness** : Provides an opportunity to reflect on personal & professional growth, allowing you to be more aware of your achievements, challenges, and areas of improvement.
- **Goal Assessment**: Evaluate the goals you set at the beginning of the year. Determining which ones you achieved, adjusted or didn't meet.
- **Learning Opportunities** : Reflect on challenges and setbacks allows you to see the valuable lessons.
- **Gratitude**: Expressing gratitude personal or professionally strengthens relationships and acknowledges the contributions of others.



**What achievements are you most proud of
this year? Both Personally and
Professionally**

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**What was the most important lesson
for you this year?**

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Reflect on habits or behaviors you would like to leave behind as you move into this new year.

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**What are your aspirations and intentions
for the upcoming year, and what steps
can you take to achieve them?**

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Gratitude

Take a few moments. Close your eyes, take a deep breath in through your nose and release your breath. Imagine the word **GRATITUDE** shining bright above your head. What do you see or feel? What comes up for you?

In the next few pages pour your **GRATITUDE**

GRATITUDE

GRATITUDE

VISION BOARD 2026

PROFESSIONAL GOALS

PERSONAL GOALS

HEALTH GOALS

FINANCIAL GOALS

RELATIONSHIP GOALS

BIG DREAMS

HOBBIES

NOTES



Thank you!

Thanks for your support this past year. I am beyond grateful for every click, comment, purchase and interaction.

Marina Blanco Sanderson

WWW.BREATHEWITHBLANCO.COM

