

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



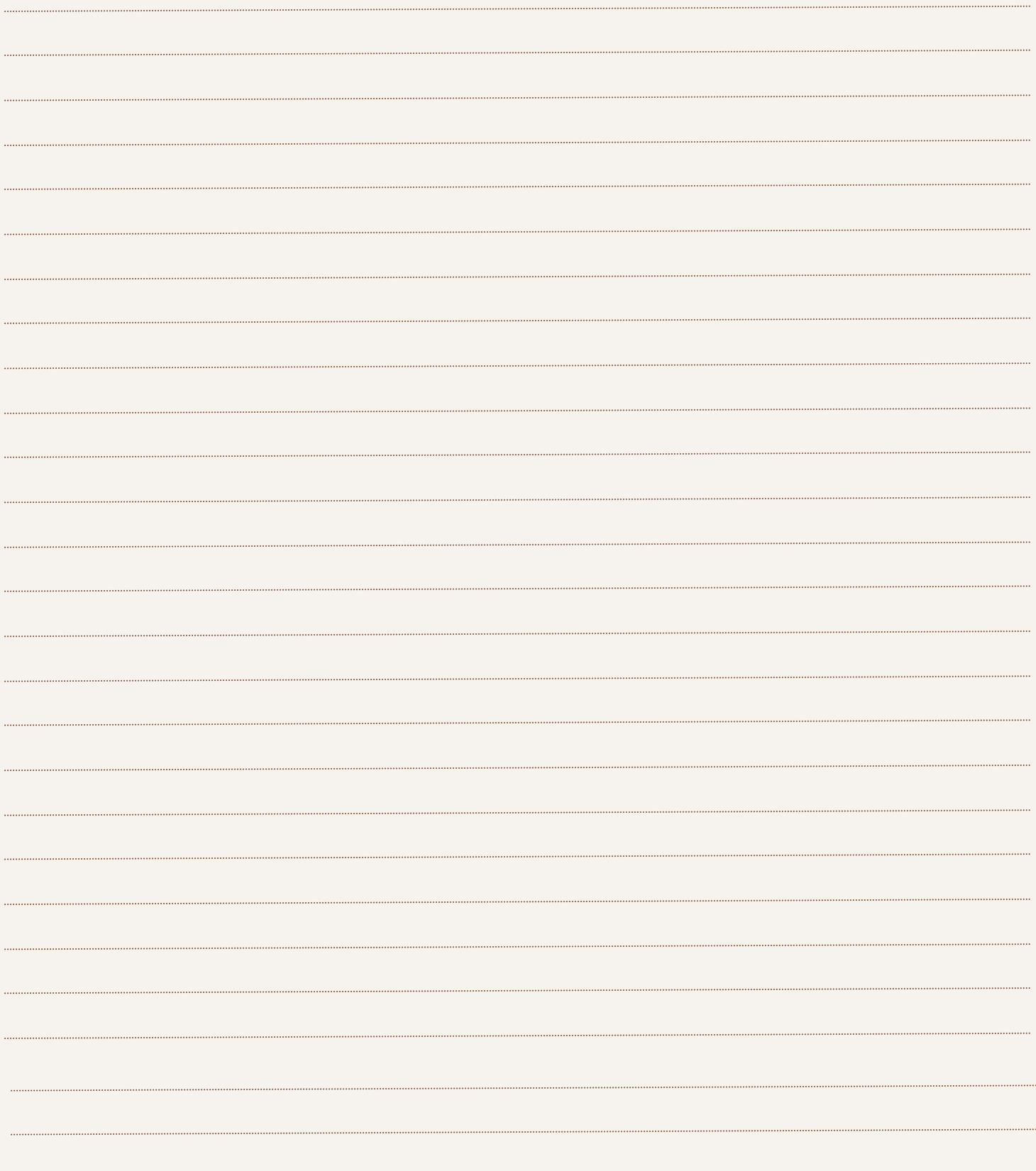
What was the most important lesson for you this year?



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



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



Gratitude

Take a few moments. Close your eyes, take a deep breath in through your nose and release your breath. Imagine the word **GRATITUDE** shinning 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