

THE JOURNEY FROM 2024 TO 2025

Annual Reflection

Create the future you want

Overview

TALKING POINTS

Introduction

2024 in review

Your aims for 2024

Your support network

Standing on the shores of 2024/2025

Going into 2025

Contact Information



“

SOMETHING TO THINK ABOUT

Reflection is one of the
most under used yet
powerful tools for success

RICHARD CARLSON

Introduction

IT'S TIME FOR A LITTLE BIT OF ANNUAL REFLECTION

When we take time to reflect on the year, we just had the good, the challenging, the memorable and the not so memorable we increase our levels of self-awareness. As this develops, we learn to trust in ourselves, and by increasing our understanding of how we operate at our best and what it takes for us to buckle up when the going gets tough, or as we set our sights on new aims, we become better able to create the world we desire.



2024 in Review

WHAT HAPPENED IN 2024?

You probably think that you have already forgotten!

Take a few minutes to flick through your diary and camera roll to jog your memories and recall what took place. Where you were and when, what you achieved, and all the random moments you rediscover.



Jot them down in your notebook.

What were your aims for 2024?

LIST ANY GOALS OR OBJECTIVES YOU SET OUT TO
ACHIEVE IN 2024. WHAT PROGRESS DID YOU MAKE?

		
WEALTH / CAREER / LIFE PURPOSE	HEALTH / EXERCISE / RELAXATION/ RECREATION	RELATIONSHIPS/ COMMUNITY / PERSONAL GROWTH



What made you happy in 2024?

NOTE YOUR ACHIEVEMENTS AND
WHERE YOUR HARD WORK PAID OFF
Consider your achievements and where your
hard work paid off

WHAT NEW EXPERIENCES DID YOU
EMBRACE?

Meeting new people, discovering new ideas &
places

WHAT FUN THINGS DID YOU DO?

Jot these all down in your notebook

WHAT DID NOT COME TO FRUITION FOR YOU LAST YEAR?

*Take some time to acknowledge the things that
didn't play out as you would have liked.*

CONSIDER THE CIRCUMSTANCES, RESOURCES,
EXTERNAL FORCES, LEVELS OF WELLBEING ETC.

Be kind to yourself and be observant, not critical

Jot these down in your notebook

What are you most proud of in 2024?

Considering your goals, achievements and challenges over the last year, what three things shine through and make you feel proud?

Your Support Network

WHO DO YOU KNOW NOW BUT DID NOT KNOW A YEAR AGO?

Identify new people, places, organisations that entered your life in 2024

WHO IS IN YOUR SUPPORT NETWORK AND WHY DO YOU KNOW
THEM?

People enter our lives for different reasons, recognise how and why they are part of
your support team

WHO ARE YOU MOST GRATEFUL FOR OVER THE LAST YEAR?

How have they supported you? What have you learnt?

How did you show your network your appreciation?

WHO ARE YOU GRATEFUL FOR?

What have you done to show them your appreciation?



STANDING ON THE SHORES OF 2024 AND 2025

no man steps into the same river twice, for
it's not the same river and he's not the same
man - Heraclitus

PERSONAL GROWTH EVOKES A SENSE OF JOURNEY

So, as we stand on the shores of 2024 ...





WHAT IS HAPPENING FOR YOU RIGHT NOW?

What have you learnt about
yourself, your circumstances
and others over the last
year?

WHAT ARE YOU GRATEFUL FOR?

take a moment to jot them
down in your notebook

GOING INTO 2025...

*And from everything
you've learnt so far...*

WHAT WOULD YOU LIKE TO HAPPEN IN
2025?

What difference will this make to you or
your situation?

How would you recognise this difference?

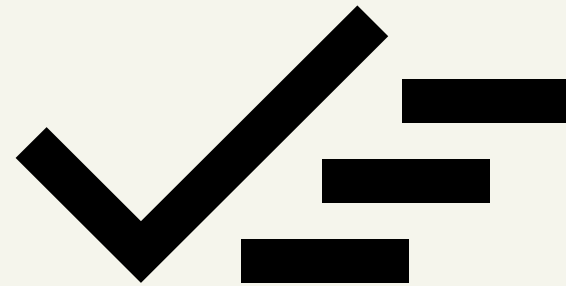
What will you see, think, feel?



Navigating your way forward into 2025

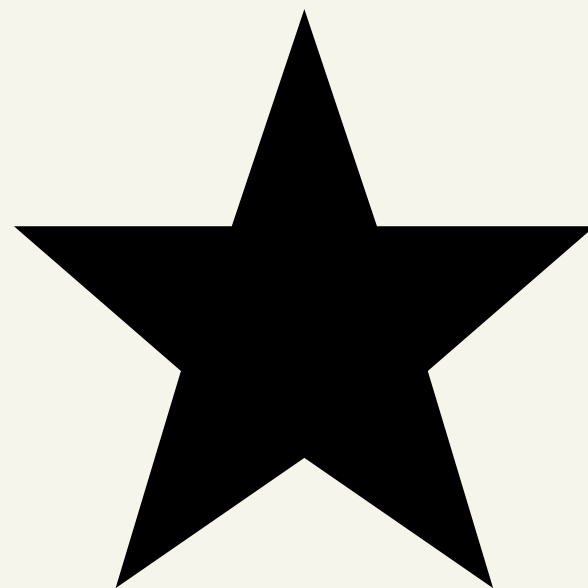
WHAT DO YOU WANT TO ACHIEVE?

Using the headers on page six write down any goals you
have for each heading



WHAT ACTIONS WILL YOU TAKE TO ACHEIVE
THEM?

Create an action plan to reach your goals



DECIDE WHO WILL SUPPORT YOU AND HOLD YOU
ACCOUNTABLE TO YOUR ACTIONS?

*and finally,
knowing all of
that...*

WHAT IS THE FIRST STEP YOU WILL TAKE IN
CREATING YOUR LIFE IN 2025?



Thank You

**I HOPE YOU
ENJOYED THIS
EXERCISE**

with my very best wishes
for a happy, healthy and
successful 2025

Clare van der Spuy

WELLBEING & PERFORMANCE COACH

Reduce stress, build resilience, improve performance
in a healthy and sustainable way

WWW.COACHINGFORASPIRATIONS.COM

info@coachingforaspirations.com

