

Celebrate, Shed, Conquer

As the year comes to a close, this exercise will help you reflect, release what no longer serves you, and set empowering intentions for the year ahead.



Step 1: Celebrate

- What are you most proud of this year?
 - Think about your personal and professional achievements.
 - Consider your growth, skills developed, relationships strengthened, and obstacles overcome.
 - Write down 3-5 accomplishments that made you feel proud. These could range from big wins to small victories.
- Reflection prompt: How have these successes shaped your leadership and your approach to challenges?

Step 2: Shed

- What do you need to let go of before the new year?
 - Reflect on any habits, beliefs, or relationships that have held you back or no longer align with your goals.
 - Identify three things you want to release—these could be negative self-talk, ineffective patterns, or any limiting behaviors.
 - Release exercise: Write down these things and imagine letting them go. You can burn, tear, or discard the paper as a symbolic gesture of release.
- Reflection prompt: What will you feel free to focus on when these are no longer weighing you down?

Step 3: Conquer

- What are your top 3 goals for the next year?
 - Think about your ambitions and growth for the upcoming year. What would you like to achieve or change?
 - Write down three concrete actions you will take to move toward these goals.
 - Break them down into manageable steps.
- Reflection prompt: How will these goals stretch you as a leader? What resources or support will you need to stay on track?

Pro Tip:

1. Reflect on the balance between celebrating past wins, shedding what's no longer serving you, and conquering future challenges.
 2. Keep your reflections somewhere visible as a reminder throughout the year to celebrate your growth, stay committed to shedding what limits you, and conquer new heights.
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Reflective Questions for Guidance:

Celebrate Questions

1. What accomplishments, big or small, are you most proud of this year?
2. Did you take any risks that paid off, even if they were uncomfortable at first?
3. What challenges did you overcome, and how did they strengthen you?
4. Were there moments when you stepped outside your comfort zone? What did you gain from those experiences?
5. What feedback or recognition did you receive this year that meant a lot to you?

Shed Questions

1. What habits, routines, or behaviors no longer align with your goals?
2. Are there any fears, doubts, or negative beliefs about yourself that are holding you back?
3. Which relationships or dynamics felt draining rather than supportive?
4. What unfinished projects or lingering commitments are weighing on your mind, and can they be closed or released?
5. If you could let go of one thing (physical, emotional, or mental), what would it be and why?

Conquer Questions

1. What are your top priorities or goals for the coming year?
2. How do you want to grow personally or professionally in the next 12 months?
3. What are three specific actions you can take to start moving toward your goals right now?
4. Who or what can support you in conquering your challenges next year?
5. If you achieved everything you set out to do in the coming year, how would your life look and feel?

General Reflection Questions

- Looking back on the past year, what stands out as your biggest lesson?
- What word or theme best represents this year for you? What word or theme do you want to embody next year?
- How can you carry the energy of celebration, shedding, and conquering into your daily habits?

Ready to conquer 2026? [Book a 15-minute 'Strategy Spark' session](#) to turn these intentions into a roadmap.