



reflect on what was, reset for what's next.

reflect + reset

by @shabnamlee

“We do not learn from
experience... we learn from
reflecting on experience.”
— John Dewey

Welcome to your Reflection & Reset journey

I'm really glad you've chosen to take this moment to slow down. Most of us move from one year to the next without pausing to make sense of what's happened or what we actually want moving forward. This journal gives you a gentle space to do just that.

1

The first part guides you through **looking back on 2025**, noticing what felt meaningful, what challenged you, and what shaped you.

2

The second part helps you **set intentions for 2026** so you can enter the new year with clarity instead of pressure.

3

And the final section walks you through **key areas of your life**, helping you pinpoint where to focus first so you can start building real traction in the months ahead.

I'm looking forward to sitting with you in this reflection and supporting you as you begin your next chapter with more clarity and confidence.

Warmly,
Shabs

Part 1 – Mindful Reflection on 2025

When did you feel most alive this year, and what made that moment possible?

What pattern kept repeating in your closest relationships, and what might it be trying to show you? (e.g., conflict avoidance, caretaking, approval seeking, fixing)

What's something you avoided this year, even though you sensed it would have improved your life?

Part 1 – Mindful Reflection on 2025

What did you do that felt like you were a beginner?

What was the best gift you gave yourself and a loved one?

If your younger self could see you now, what would they be proud of, and what might confuse them?

Part 1 – Mindful Reflection on 2025

What do you most want to be known for, and what stops you from fully owning that identity?

What do you need to forgive yourself for this year?

If you could speak to yourself at the start of the year, what guidance or truth would you share now?

Part 2 – Intentional Charting for 2026

I will take forward these lessons from 2025:

In 2026, I want to feel more

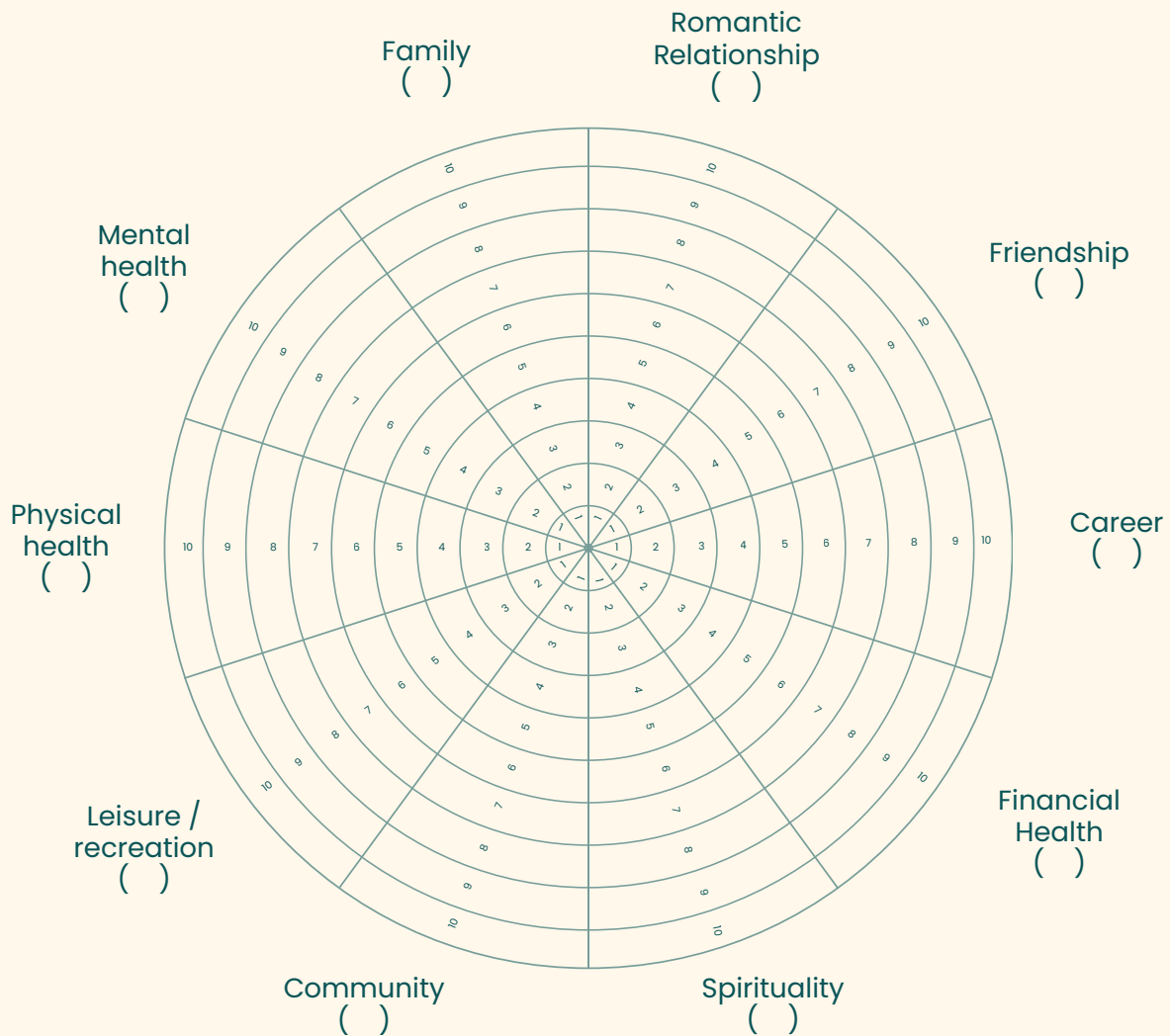
I will measure success this year by

I will spend less energy on

and more on

At the end of the year I will look back and say

Part 3 – Creating Your 2026 Life Wheel



Instructions:

1. Rank Each Life Aspect: Rank from 1–10 (1 = most important, 10 = least).
Example: Financial Health → (1), Physical Health → (2), Career → (3) etc
2. Set Your 2026 Target: Circle the number you want to reach in 2026 (1 = weakest, 10 = strongest). Example: Financial Health → (6)
3. Choose 3 Focus Areas: Describe what you want each chosen aspect to look like in 2026 on the next page. Example: Financial Health – I have an emergency fund covering 6 months of living expenses
4. Define Q1 2026 Actions: List the first three steps you'll take in the first quarter of 2026 with deadlines on the next page. Example: Step 1 – Create a budget tracker by 20 Jan 2026.

Part 3 – Creating Your 2026 Life Wheel

Life Aspect #1:

Description: _____

1st Step: _____

2nd Step: _____

3rd Step: _____

Life Aspect #2:

Description: _____

1st Step: _____

2nd Step: _____

3rd Step: _____

Life Aspect #3:

Description: _____

1st Step: _____

2nd Step: _____

3rd Step: _____