



Reflect, Release, and Renew: An End-of-Year Workbook for Healing and Growth

Dalia Halabi



Welcome!

This workbook is a gift for your soul. It's a space for you to pause in the busyness of life, step away from the noise, and reconnect with yourself. As the year winds down, it's natural to feel a mix of emotions—joy for the moments that uplifted you, sadness for what didn't go as planned, and even anxiety or hope for what's to come. This is your time to hold space for all of it. Every feeling, every memory, every part of you deserves to be acknowledged with kindness and care.

Think of this as a conversation with yourself, a moment to reflect on the path you've walked this year. You've been through so much—more than anyone else truly knows. Let this be a gentle guide to help you honor your journey, release the weight of what's no longer yours to carry, and step forward with clarity and intention.

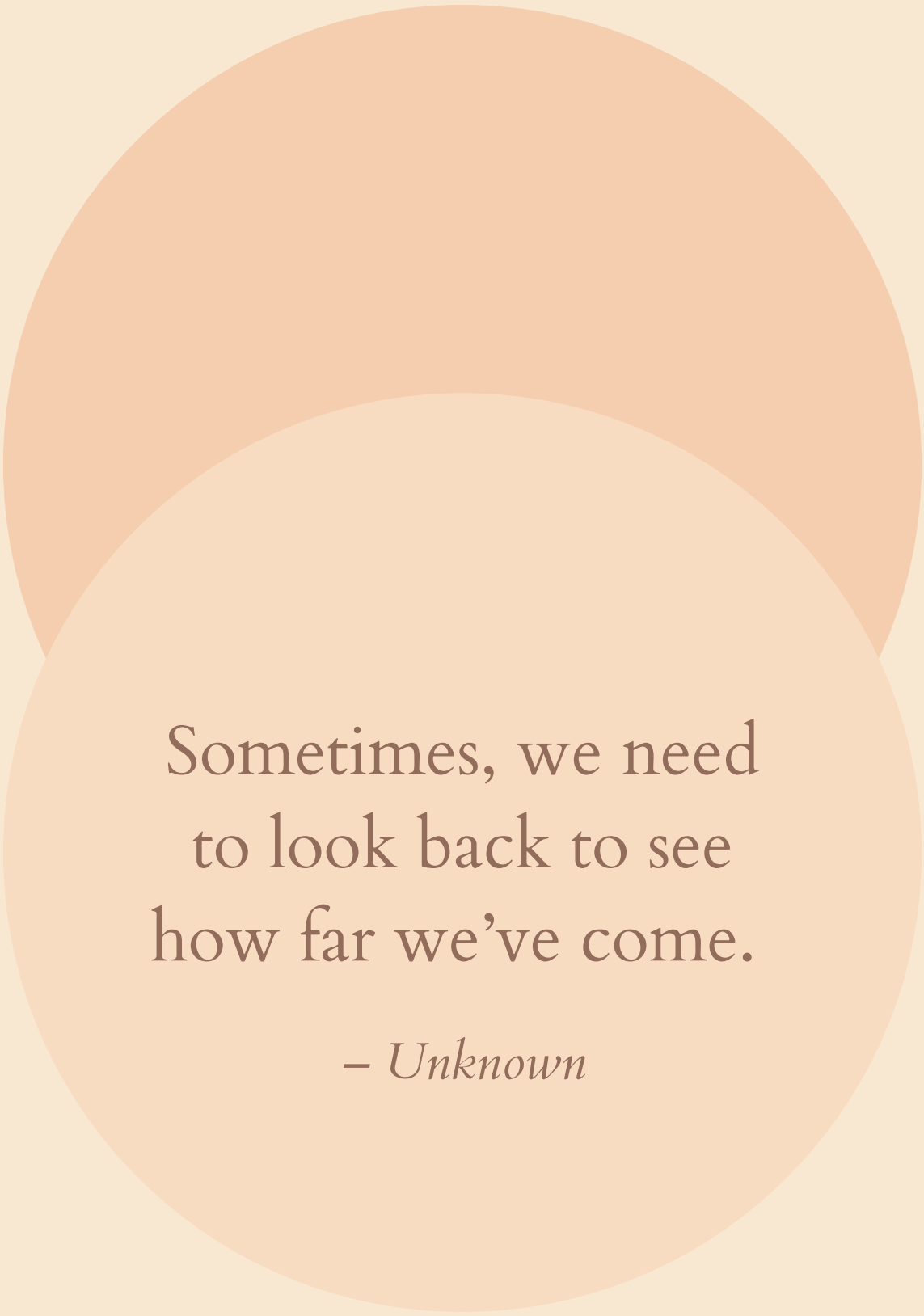
There's no "right" way to work through these pages. Take your time. Find a quiet spot where you feel safe and comfortable. Light a candle or make a cup of tea if that soothes you. You might find some prompts or exercises easier than others; that's okay. Be curious and compassionate with yourself as you navigate this process.

This isn't about creating a "perfect" plan for the new year. It's about tuning in to your heart, listening to what it needs, and planting the seeds for growth, healing, and joy. With each step, remember: You've already come so far, and you have everything within you to create a life that feels aligned and fulfilling.

So, take a deep breath. Let's begin.

Reflect – Looking Back with
Compassion





Sometimes, we need
to look back to see
how far we've come.

– *Unknown*

Reflect

Reflection is like holding up a mirror to your year—not to judge yourself, but to see and honor all that you've lived through. It's a way to give yourself credit for your growth, acknowledge your challenges, and appreciate your wins. By reflecting, you're not just looking back; you're gathering wisdom to carry forward

Science tells us that self-reflection activates the brain's default mode network, which helps us process past experiences and make meaning of them.

By taking time to reflect with compassion, you're giving yourself the opportunity to process the year authentically and uncover strengths you might have overlooked.

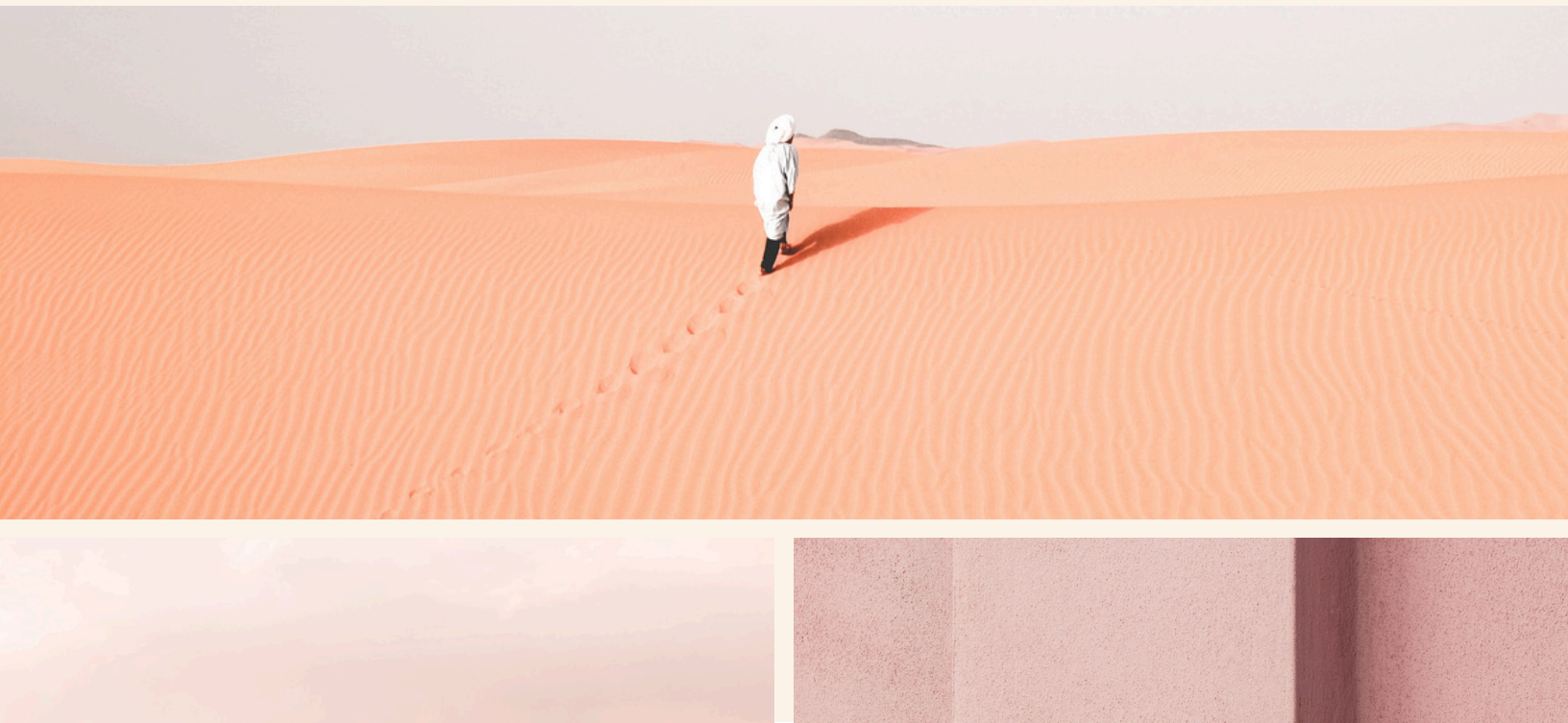
You don't need to remember everything perfectly or dive into every detail. Focus on what feels significant—whether it's a big moment or a small, quiet shift that mattered to you. Approach this section with curiosity and care, as if you're gently uncovering treasures hidden in your memory.



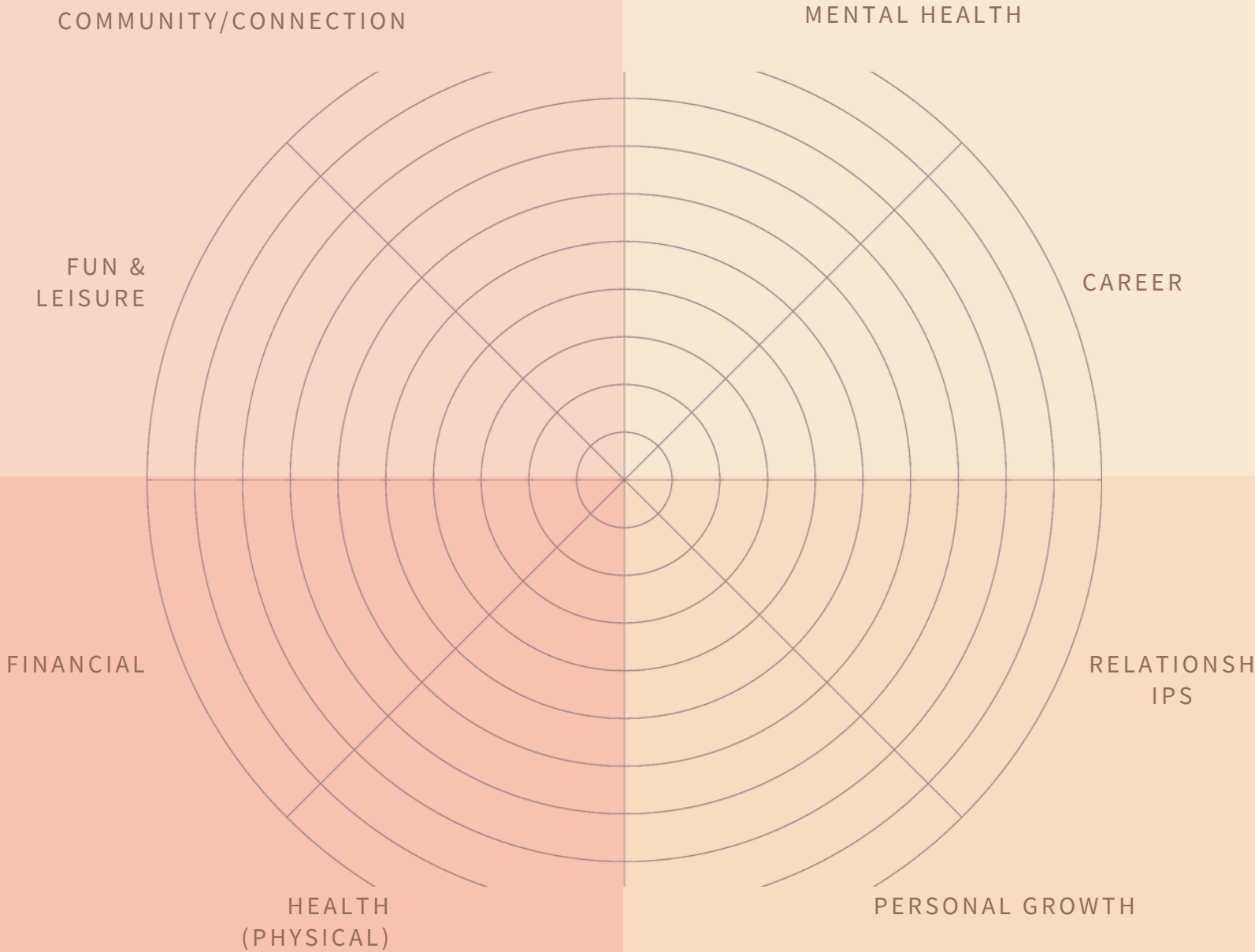
The Reflection Wheel

The Reflection Wheel is a self-assessment tool designed to help you evaluate key areas of your life over the past year. It provides a visual representation of your satisfaction and fulfillment in different aspects of your life. By analyzing your wheel, you can identify strengths, areas for growth, and patterns that may have influenced your overall experience this year.

- Look at one section at a time and reflect on how satisfied or fulfilled you felt in that area during the year.
- Use a scale of 1 (low) to 10 (high), with 1 at the center of the circle and 10 at the outer edge.
- Shade or color in the slice up to the number that reflects your satisfaction. For example, if you rate “Relationships” a 7, color the slice up to the 7th ring.
- When you’ve finished shading all the slices, step back and look at your wheel. Does it look balanced, or are there areas with large gaps?
- Consider what this visual tells you about your year.



The Reflection Wheel



Prompts

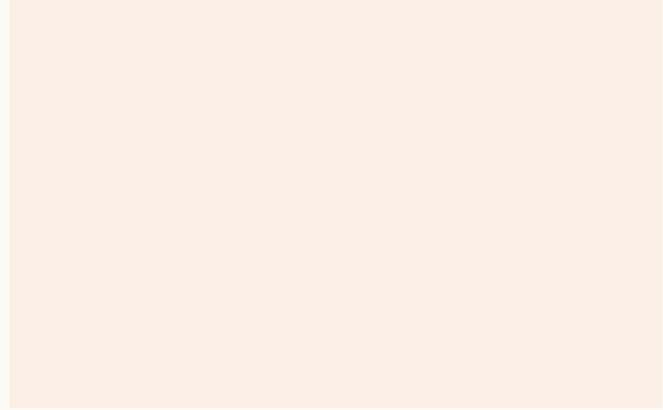
Which areas of your wheel feel the fullest? What contributed to those high ratings?

Which areas feel less full? What challenges or obstacles may have affected these sections?

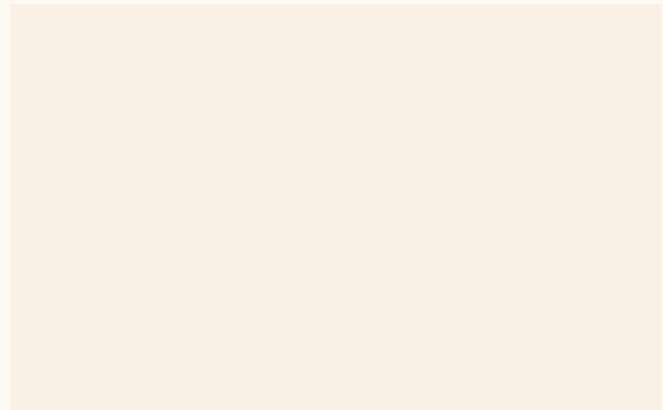
Are there areas where your satisfaction increased or decreased significantly compared to last year?

Prompts

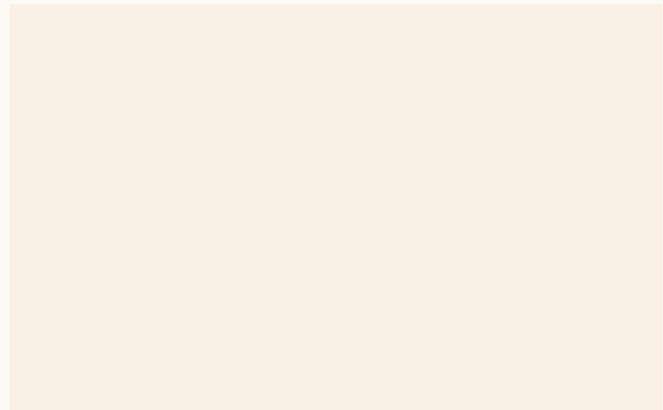
In your highest-rated areas, what actions, habits, or choices helped you feel satisfied?



What lessons can you take from those areas to apply elsewhere?

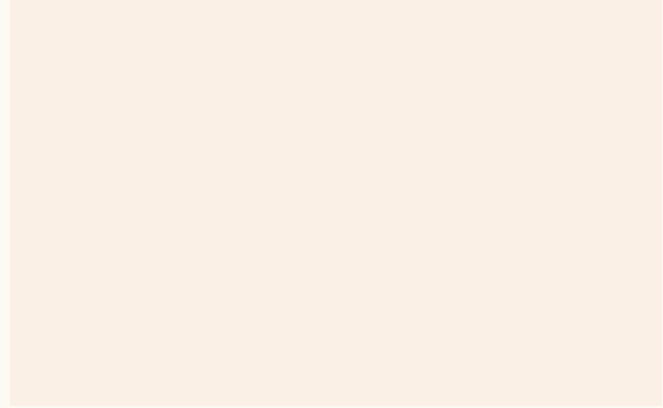


How can you celebrate the growth and progress you made in these parts of your life?

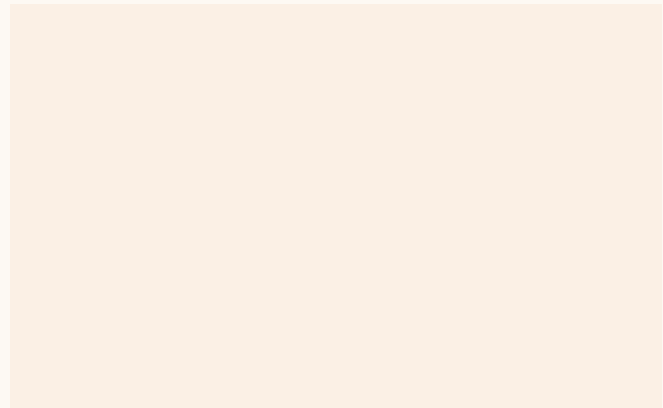


Prompts

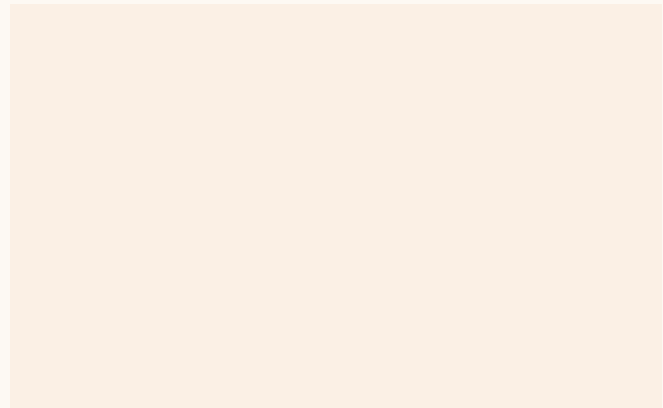
In your lower-rated areas, what specifically felt challenging or unfulfilling?



Are there any recurring patterns or habits in these areas you'd like to shift?



What would small improvements look like for you in these areas?



Prompts

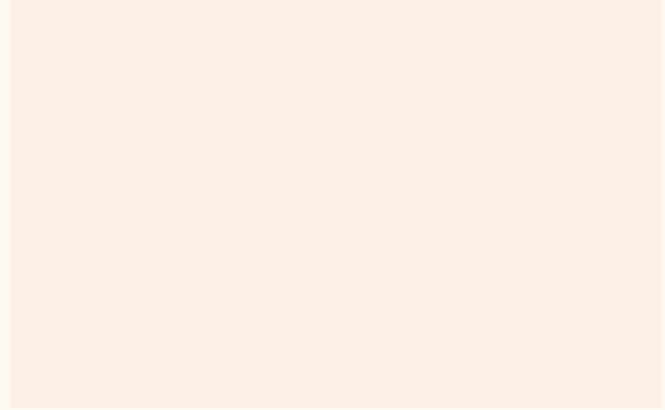
How do the areas of your wheel influence each other? (For example, how do relationships affect your self-care, or how does your career impact your health?)

If you could focus on one area of the wheel to improve next year, which would it be and why?

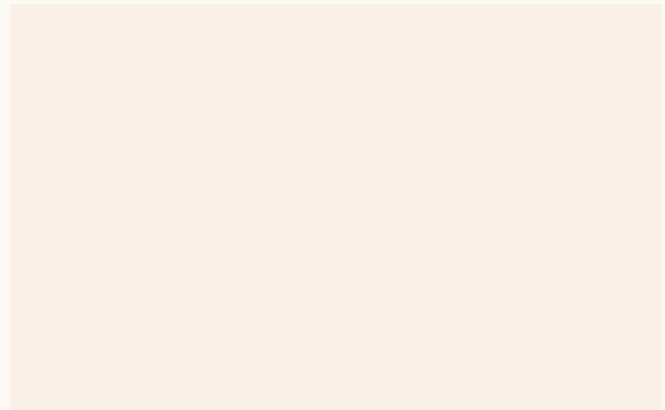
What strengths have you built this year that you want to lean on next year?

Prompts

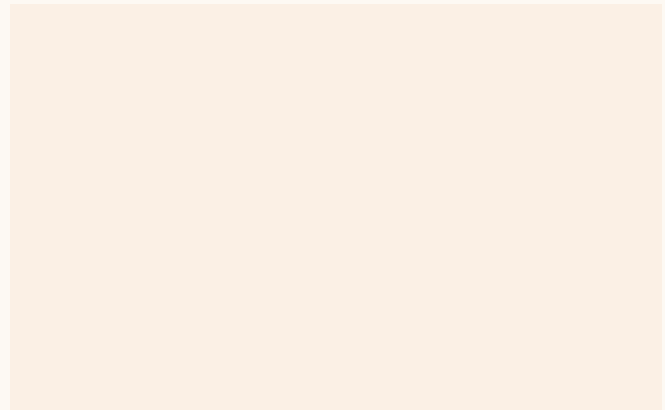
When you look at your Reflection Wheel as a whole, how does it make you feel?



What's one thing you've learned about yourself through this exercise?



What would you like your Reflection Wheel to look like at the end of next year?





Sometimes, the most profound growth happens quietly—through the resilience you showed when things were hard, the joy you found in unexpected places, or the fulfillment that came from aligning with your values. This is your chance to honor those moments, big or small, and give yourself credit for your journey.

"

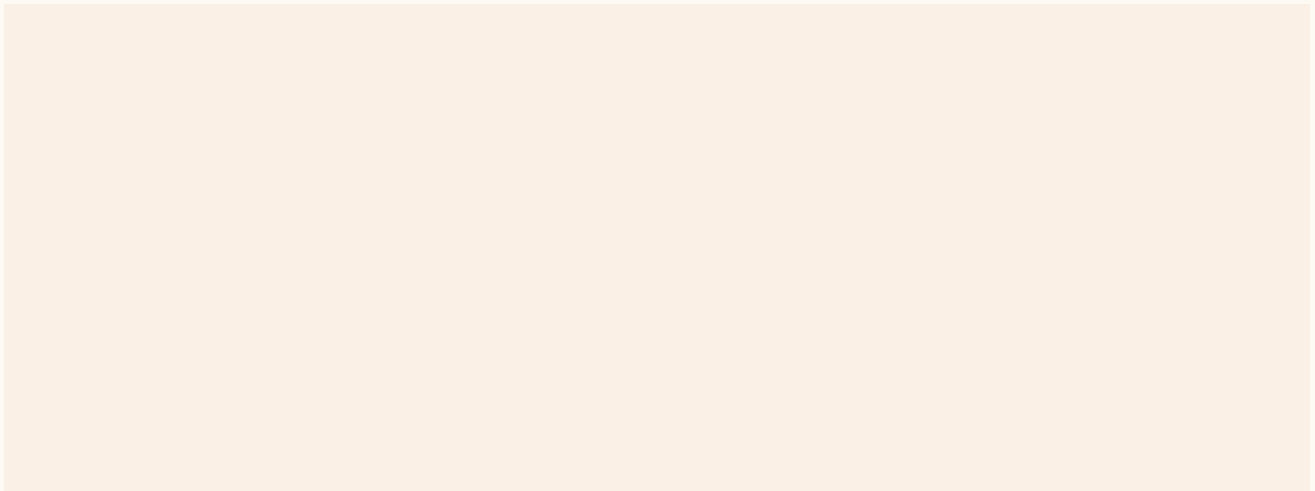
As you explore the following prompts, don't worry about writing the 'right' answers. Instead, let your thoughts flow freely. Be honest, curious, and kind to yourself. This isn't about perfection; it's about discovering the wisdom you've gained from this year's unique path

Prompts

What are your learnings from this year?

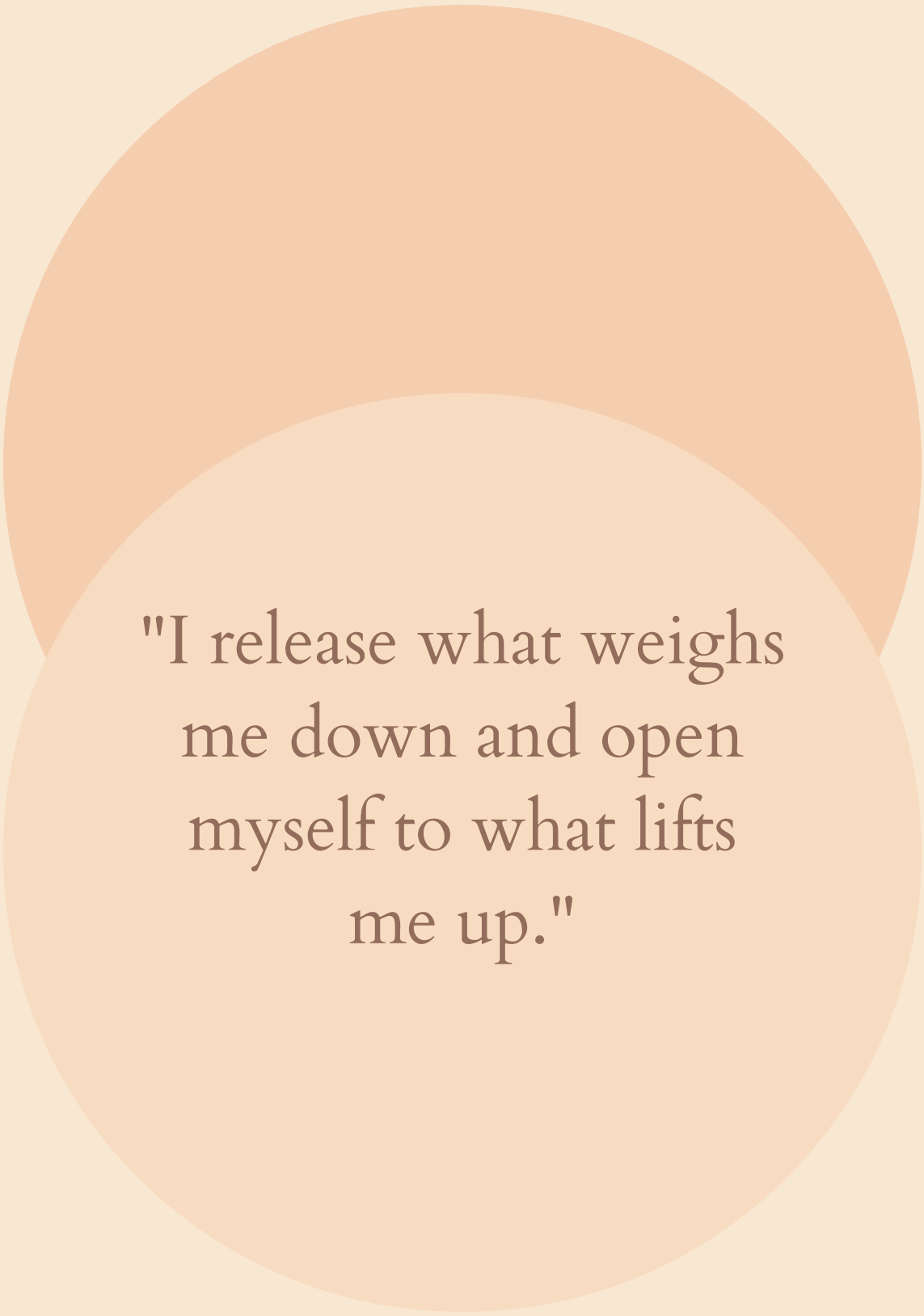


What do you want to give yourself credit for this year?



Release – Letting Go of
What No Longer Serves
You



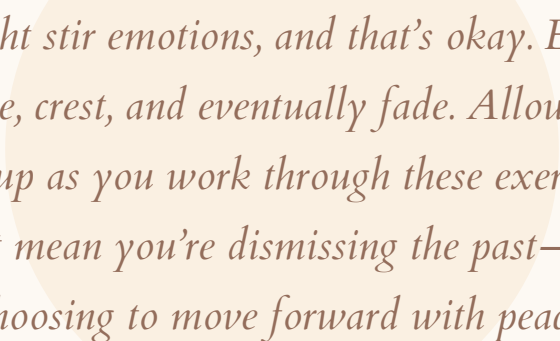


"I release what weighs
me down and open
myself to what lifts
me up."

Release

Letting go isn't about forgetting or ignoring the hard parts of life. It's about freeing yourself from the weight of what no longer serves you—whether that's lingering guilt, unresolved anger, or beliefs that hold you back. Releasing creates space for new growth, healing, and possibility. It's not always easy, but it's one of the most empowering gifts you can give yourself.

Psychologists have found that expressive writing—like journaling about emotions or painful events—can help process unresolved feelings and reduce emotional distress. Similarly, visualization exercises, such as imagining yourself letting go of a burden, can activate neural pathways associated with relief and closure. By naming what you want to release, you shift your brain from rumination to intentional healing.

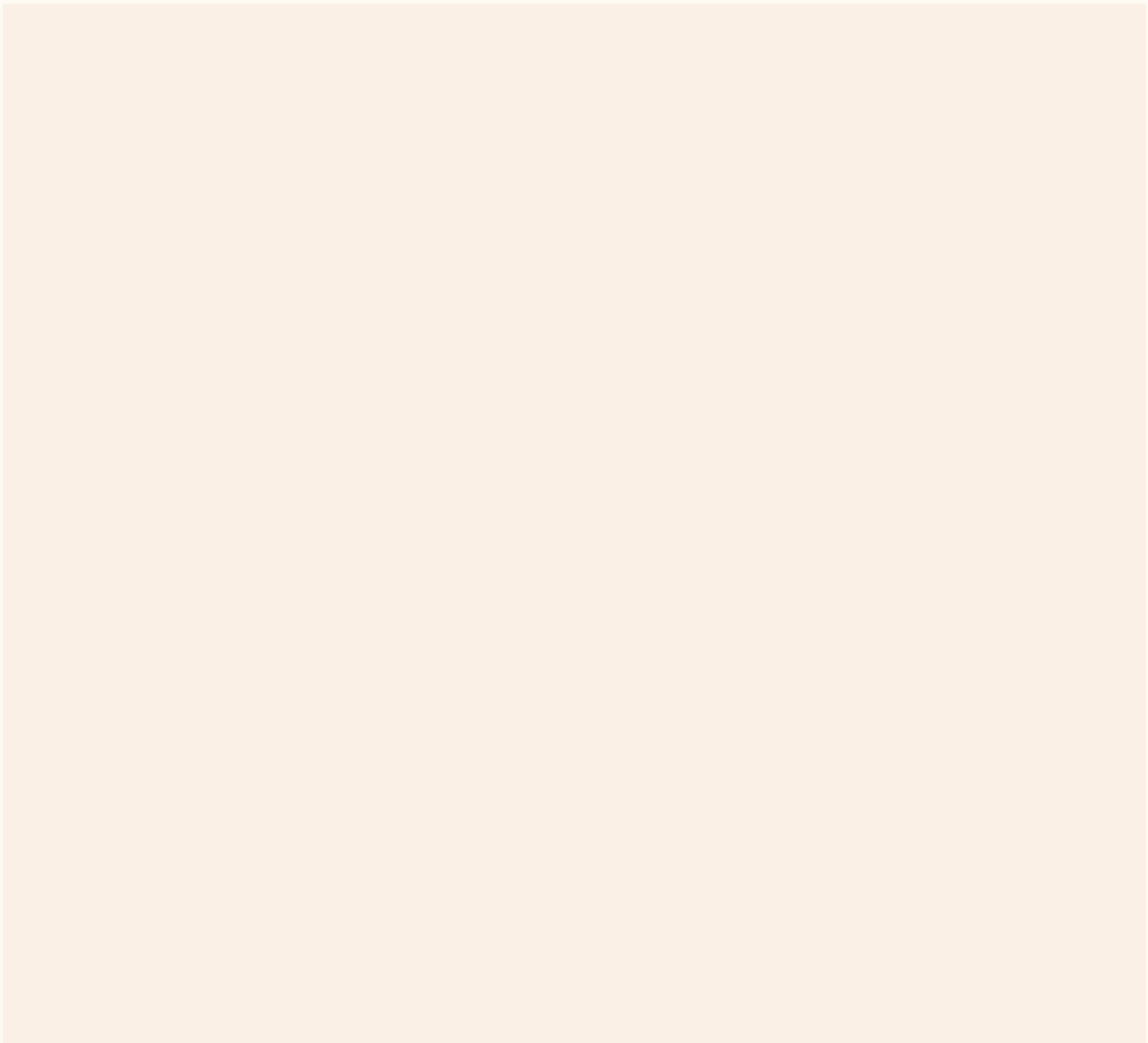


This section might stir emotions, and that's okay. Emotions are like waves—they rise, crest, and eventually fade. Allow yourself to feel whatever comes up as you work through these exercises. Remember, releasing doesn't mean you're dismissing the past—it means you're choosing to move forward with peace.

Prompt

Write about an experience that caused pain or frustration this year. Then answer:

- What did this experience teach me?
- How can I transform this pain into growth?

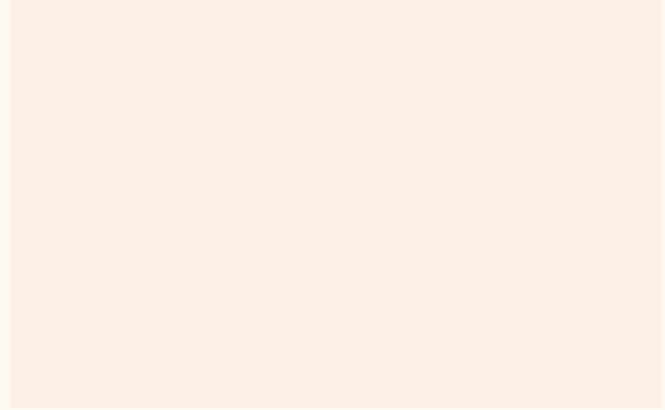


Letting Go Visualization:

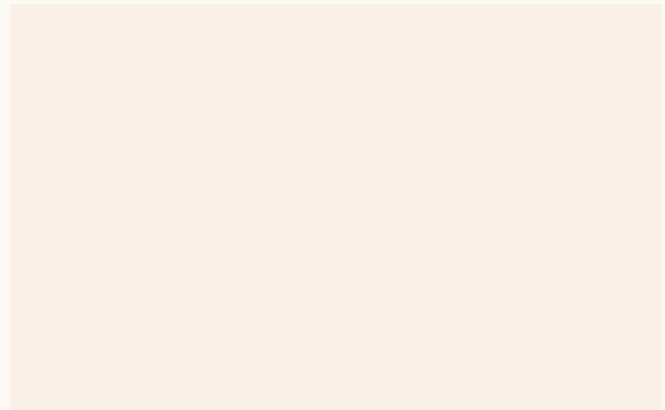
Close your eyes and
imagine placing the
worries or emotions you
want to release into a
balloon. Picture the balloon
floating away, taking those
burdens with it.

Prompts

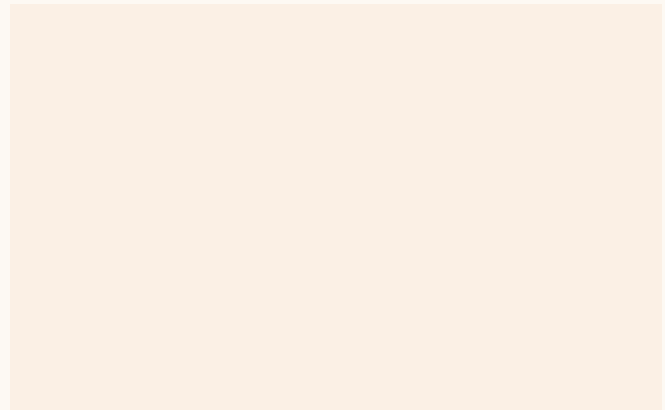
What habits, thoughts, or beliefs have held you back this year?



Are there any grudges, regrets, or unresolved feelings you're ready to release?

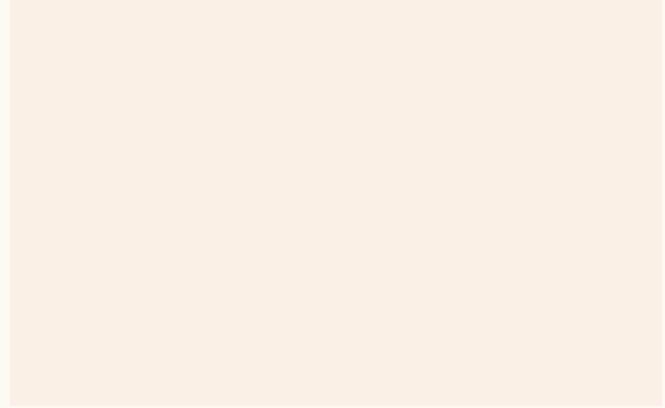


What fear or worry has taken up too much space in your mind?

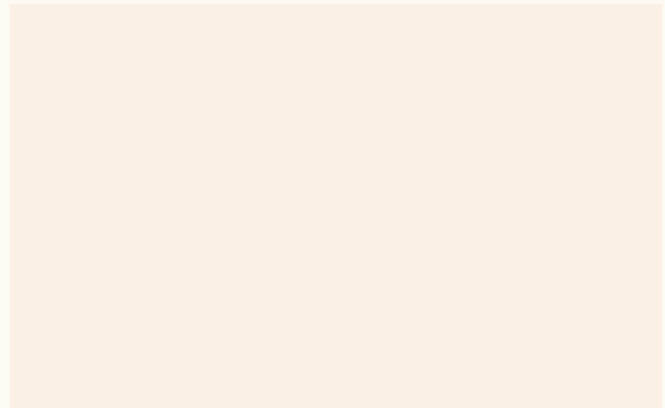


Prompts

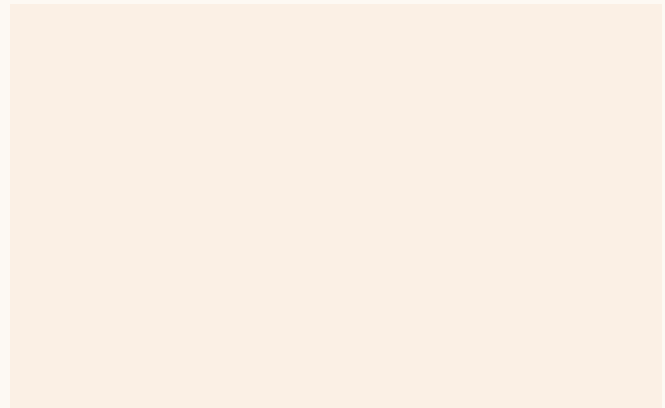
Are there relationships that feel one-sided, draining, or harmful?



What boundaries could you set to protect your peace moving forward?

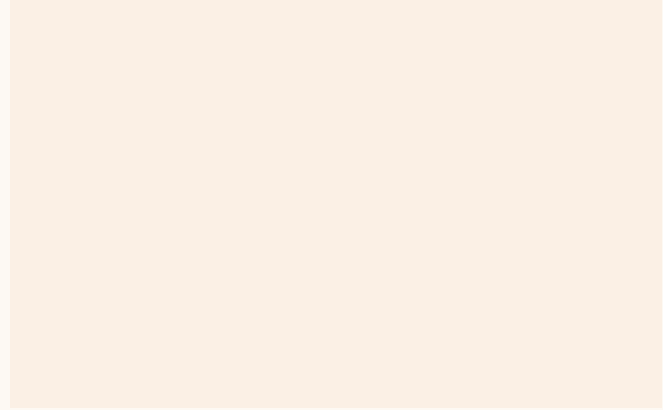


How can you express gratitude for what these relationships have taught you, even if it's time to let them go?

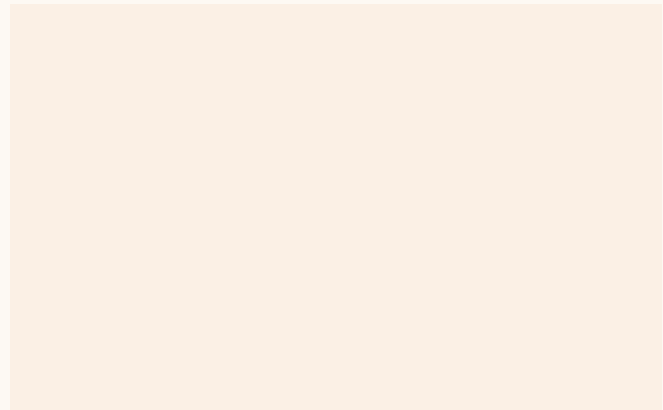


Prompts

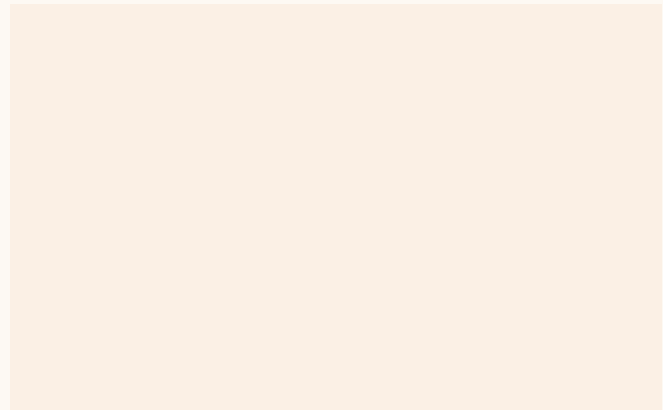
What negative things have you told yourself this year? (e.g., “I’m not good enough” or “I’ll never succeed.”)



How have these thoughts affected your confidence or choices?

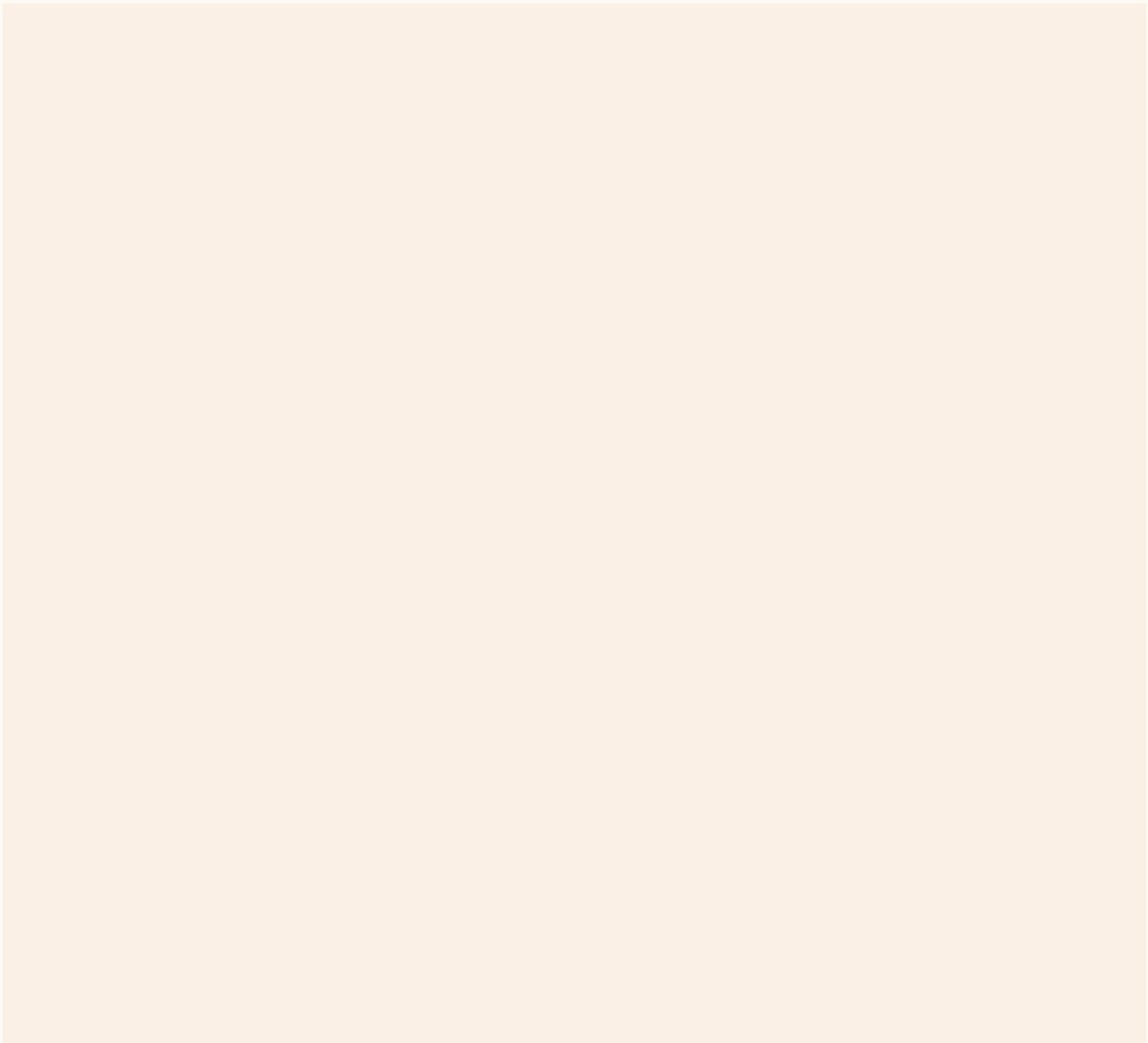


What evidence do you have that these beliefs aren’t true?



Prompt

Write a letter to the version of yourself that struggled this year. Acknowledge their pain, thank them for their strength, and let go of the emotions that no longer serve you. Safely burn the letter.



Prompt

Write a goodbye letter to something you're ready to release (a relationship, belief, or habit). Thank it for what it taught you and say farewell.

A large, empty rectangular area with a light beige background, intended for writing a goodbye letter. The area is completely blank, providing space for the user to write their response to the prompt.

Affirmations for letting go

"I release what no longer serves my growth and well-being."

"I forgive myself for past mistakes and honor the lessons I've learned."

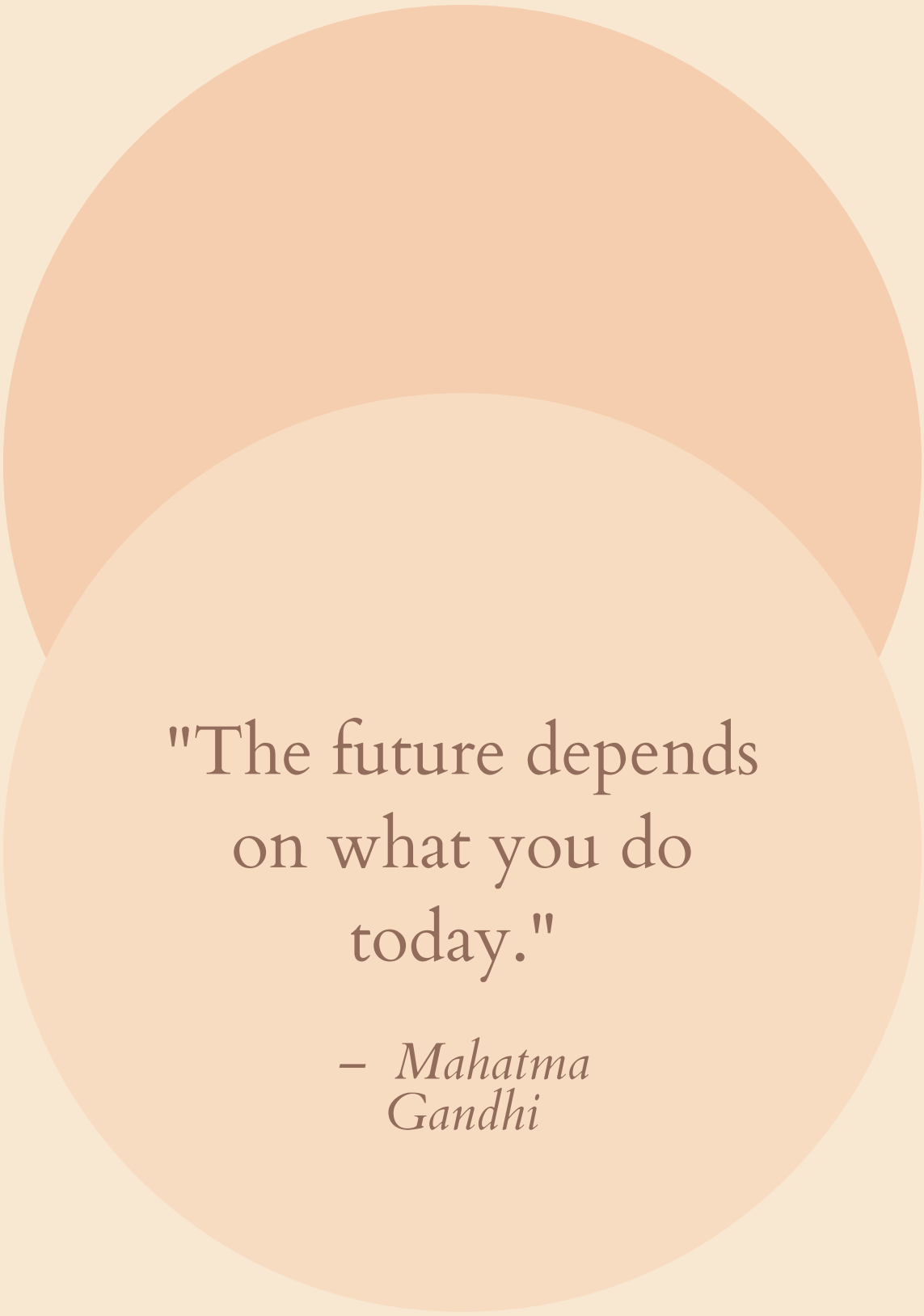
"Letting go opens space for joy, peace, and new possibilities."

"I deserve to move forward free from guilt and regret."



Renew – Setting Intentions
for the New Year





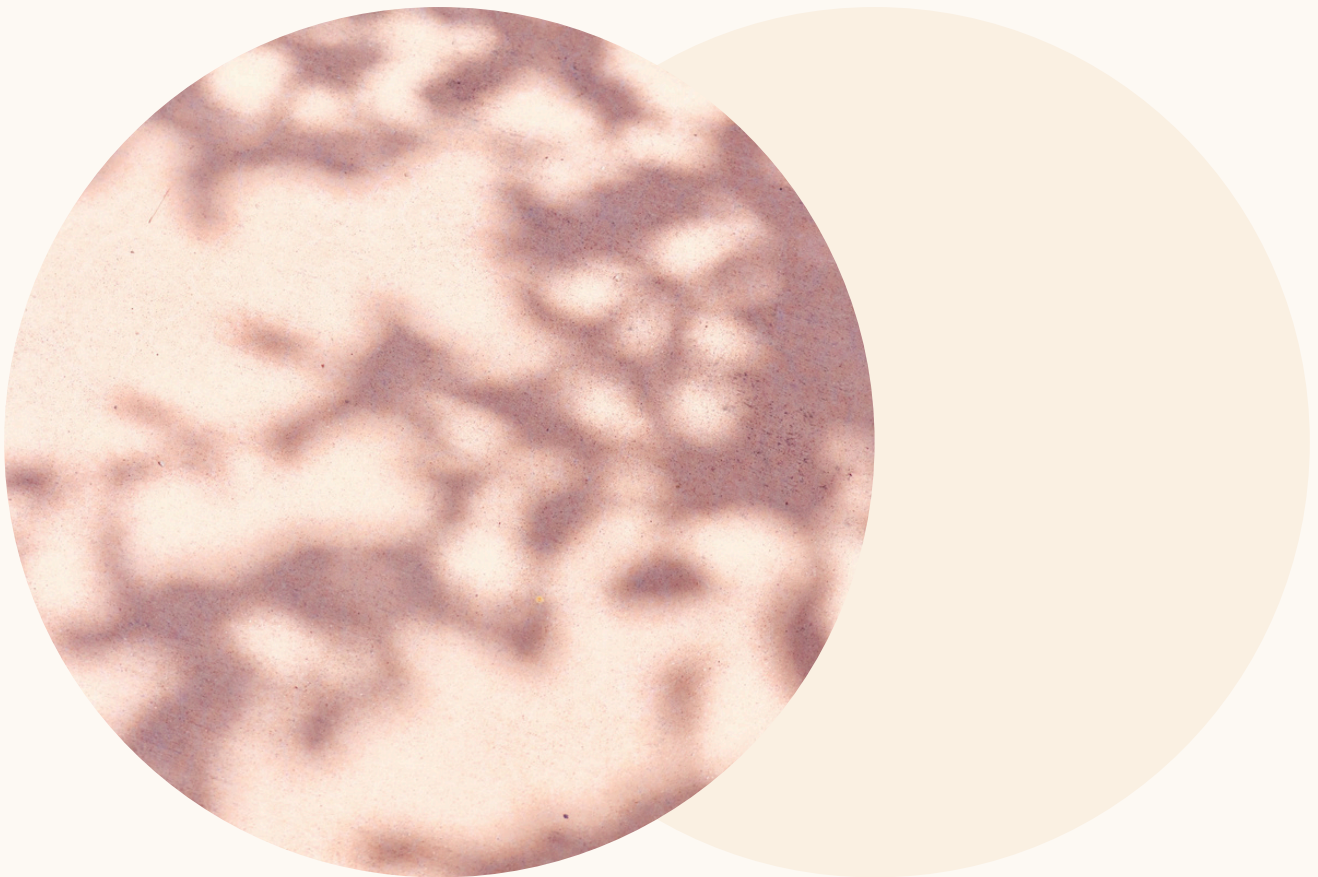
"The future depends
on what you do
today."

– *Mahatma
Gandhi*

Renew

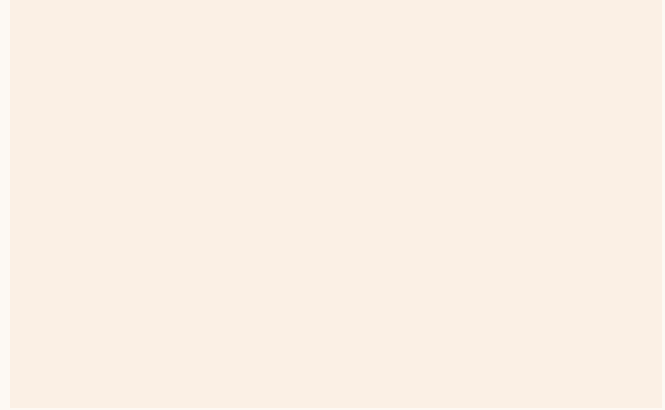
Renewal is about stepping into the new year with clarity, purpose, and hope. It's not about setting rigid resolutions or striving for perfection—it's about aligning with what truly matters to you. This is your opportunity to dream, reflect, and plant seeds for the year you want to create. Renewal is an act of self-love, a way to reconnect with your values, and a chance to move forward intentionally.

As you work through this section, let go of the pressure to have it all figured out. Focus instead on how you want to feel in the year ahead and what steps you can take to create that reality. Remember, change doesn't happen overnight. Small, consistent actions guided by your heart can lead to powerful transformations.

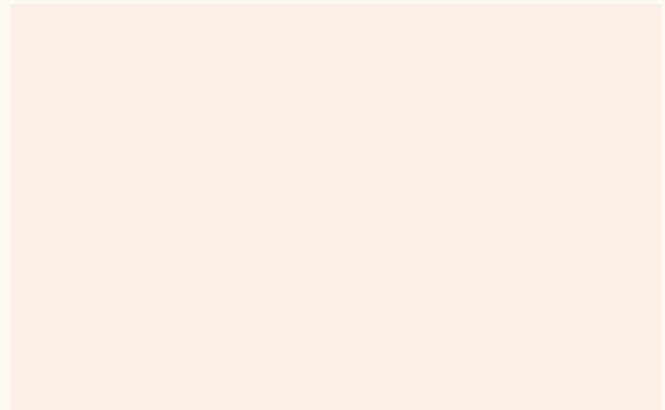


Prompts

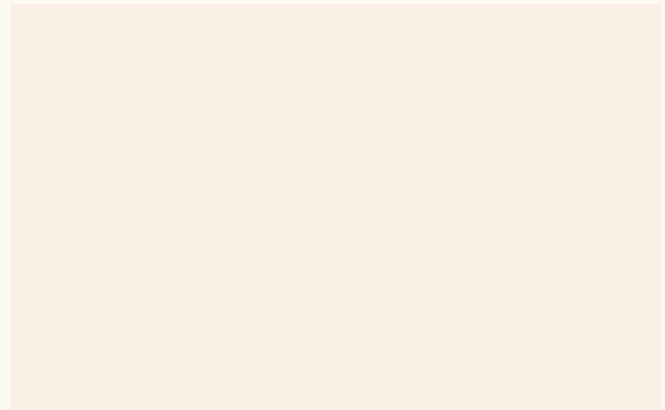
How do you want to feel in the new year? (e.g., calm, empowered, joyful, free, creative.)



If you could describe your ideal 2025 in one sentence, what would it be?

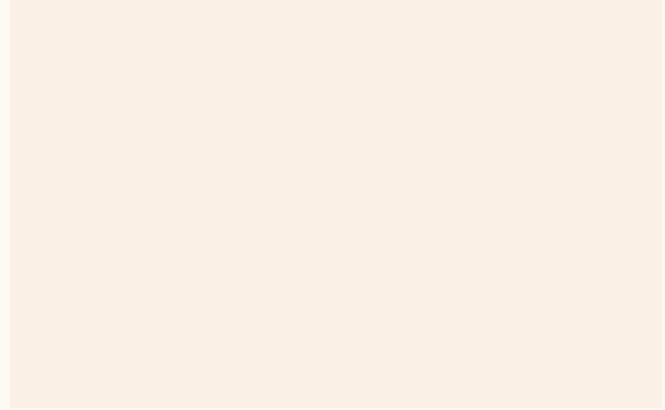


Imagine it's the end of 2025 —what accomplishments or moments would make you feel proud and fulfilled?

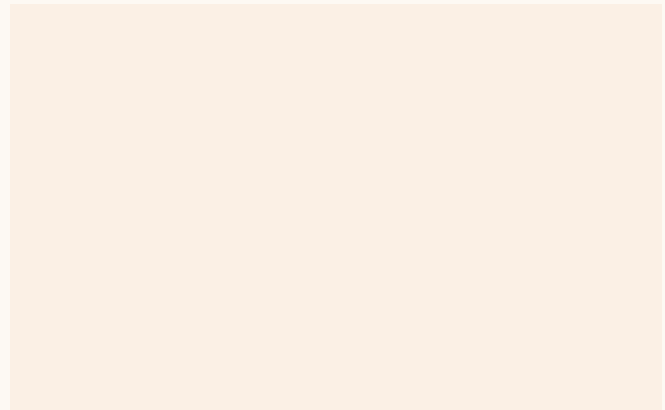


Prompts

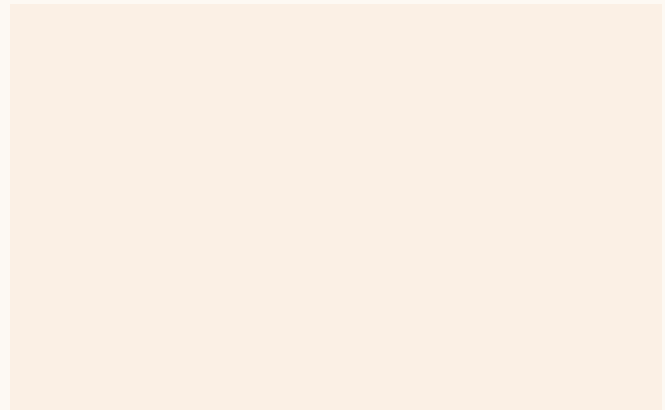
What are your core values (e.g., love, growth, honesty, connection)?



How can you align your daily actions with these values in the new year?

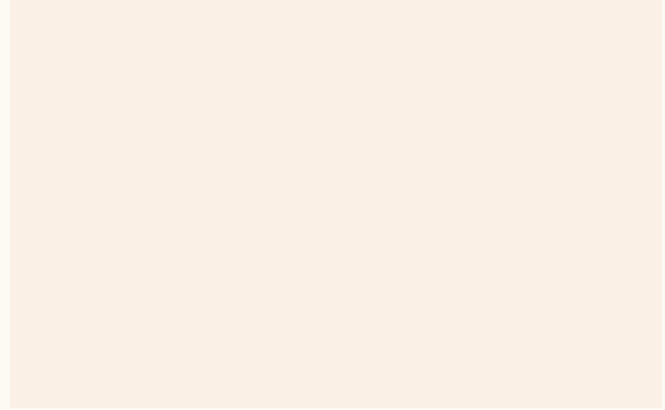


What value do you want to prioritize most in 2024, and why?

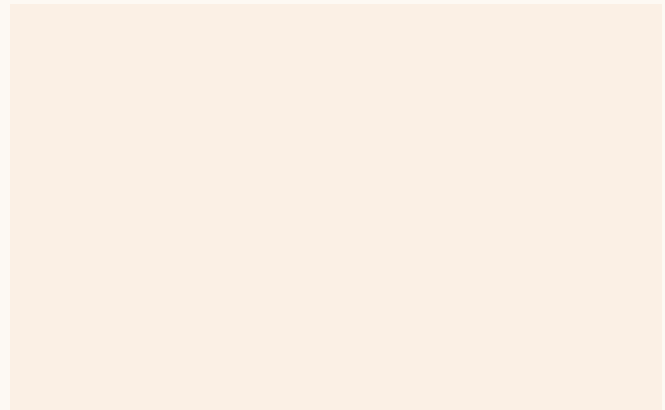


Prompts

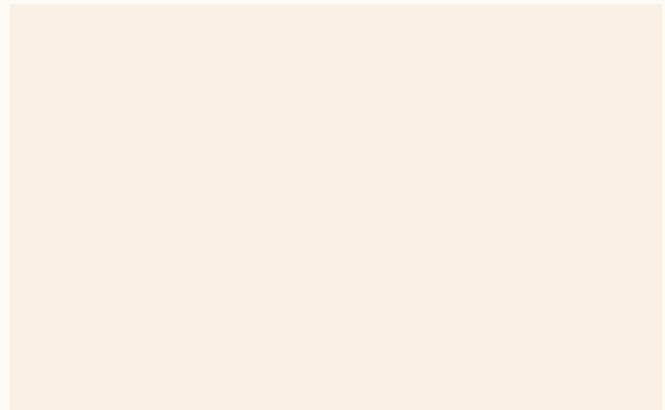
What's one area of your life you want to focus on improving or nurturing?



What is one thing you'd like to start, stop, and continue doing in the new year?



What brings you the most joy, and how can you incorporate more of it into your life?



Goal Setting

Goals are most powerful when they're clear and actionable. The SMART framework helps you turn big dreams into achievable steps by ensuring your goals are Specific, Measurable, Achievable, Relevant, and Time-bound. Use this guide to shape your intentions for the new year.

Specific

What exactly do you want to achieve?

Avoid vague goals like "be healthier." Instead, try "exercise for 30 minutes, three times a week."

Ask yourself:

What do I want to accomplish?

Why is this goal important to me?

Measurable

How will you track your progress?

Include numbers, milestones, or indicators to make your goal measurable.

Ask yourself:

How will I know I've achieved this goal?

What milestones can I set along the way?

Achievable

Is this goal realistic given your current circumstances?

Consider your resources, time, and energy. Stretch yourself, but don't set yourself up for failure.

Ask yourself:

Do I have the tools and skills to reach this goal?

If not, what can I do to gain them?

Relevant

Does this goal align with your values and bigger life vision?

A goal is more motivating when it's connected to what truly matters to you.

Ask yourself:

Why does this goal matter to me right now?

How does it contribute to my long-term aspirations?

Time-bound

Set a deadline or timeline to keep yourself focused and accountable.

Without a time frame, it's easy to delay or lose sight of your goals.

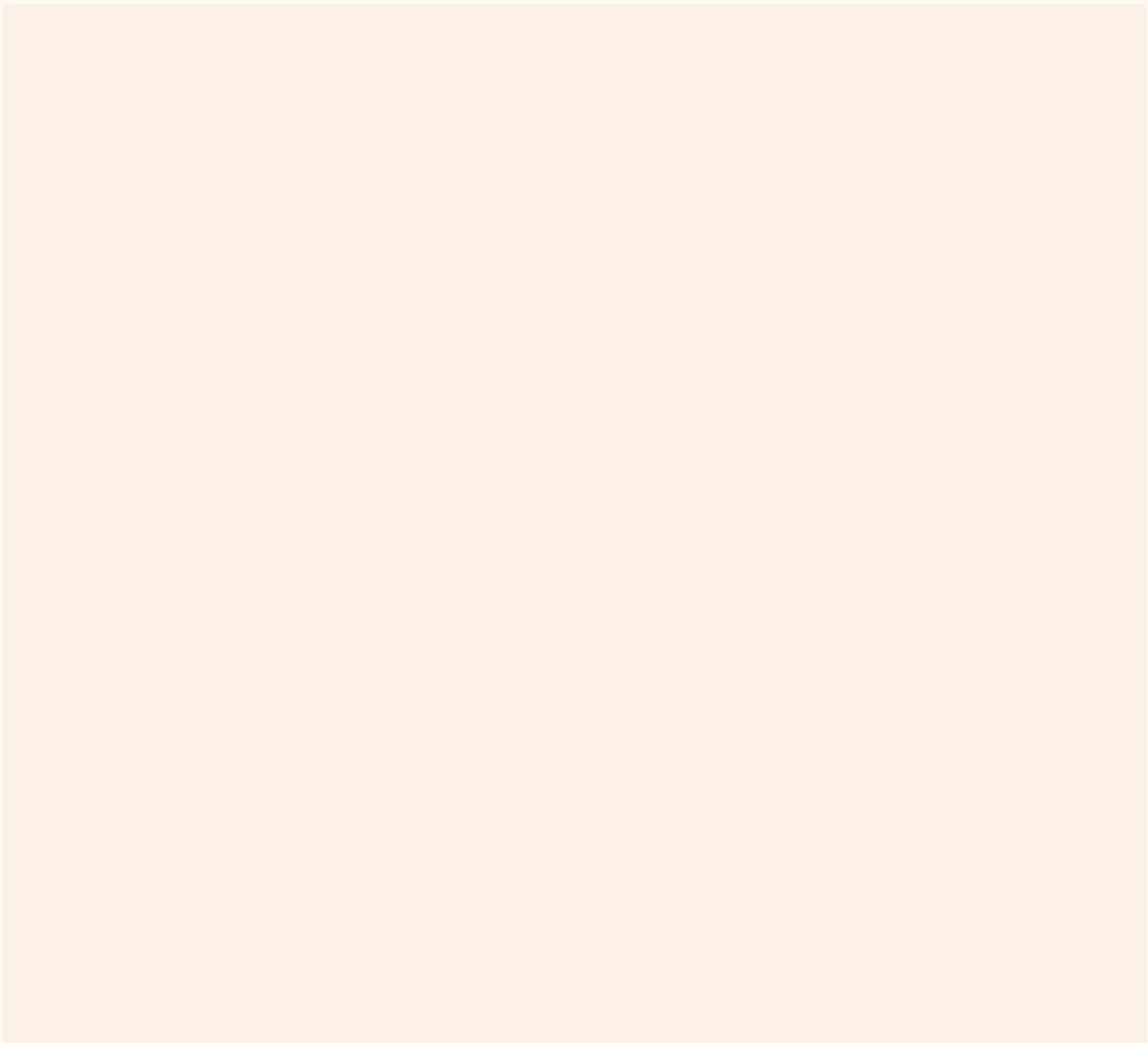
Ask yourself:

When do I want to achieve this goal?

What small steps can I schedule today, next week, or next month?

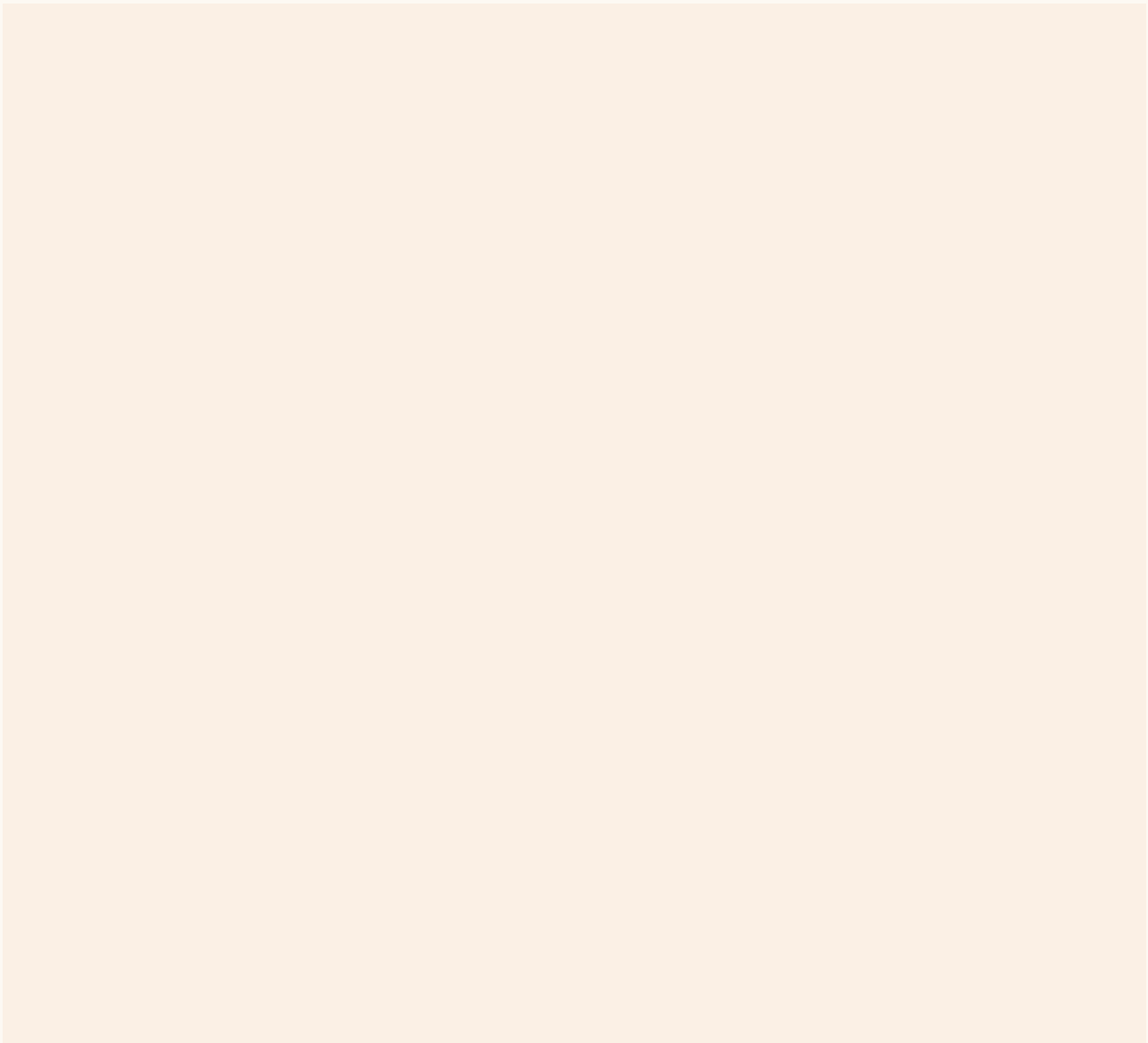
Prompt

What are your SMART goals for 2025?



Prompt

What are some small steps you can take to achieve them?



30 Day Action Plan for Achieving your goals

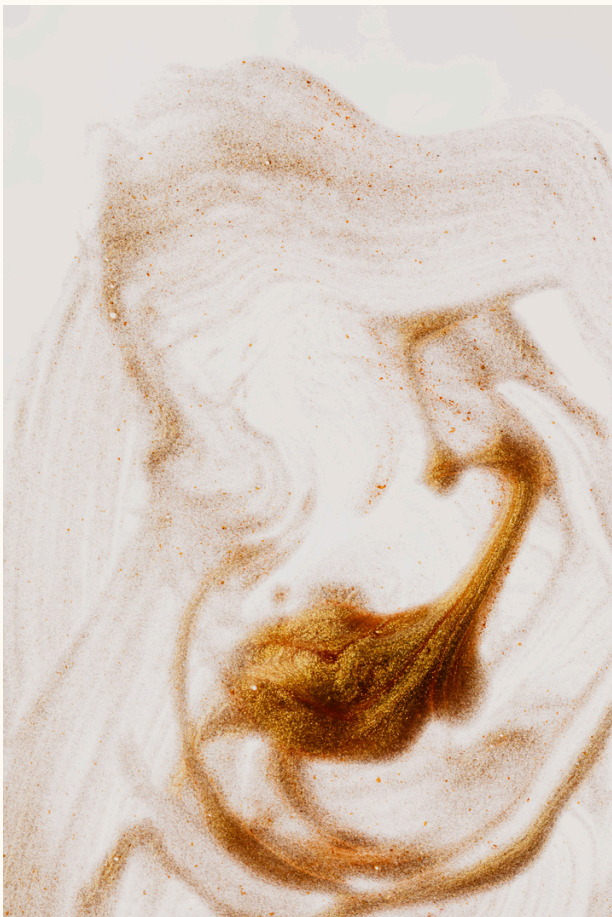
01 <input type="checkbox"/>	02 <input type="checkbox"/>	03 <input type="checkbox"/>	04 <input type="checkbox"/>	05 <input type="checkbox"/>
06 <input type="checkbox"/>	07 <input type="checkbox"/>	08 <input type="checkbox"/>	09 <input type="checkbox"/>	10 <input type="checkbox"/>
11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>
16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>
21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>
26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>

Vision Board

Vision Board Creation

Purpose:

A vision board helps translate abstract dreams and goals into tangible visuals, keeping your intentions front and center. By regularly seeing your aspirations, you engage the brain's reward system, which reinforces motivation and focus.

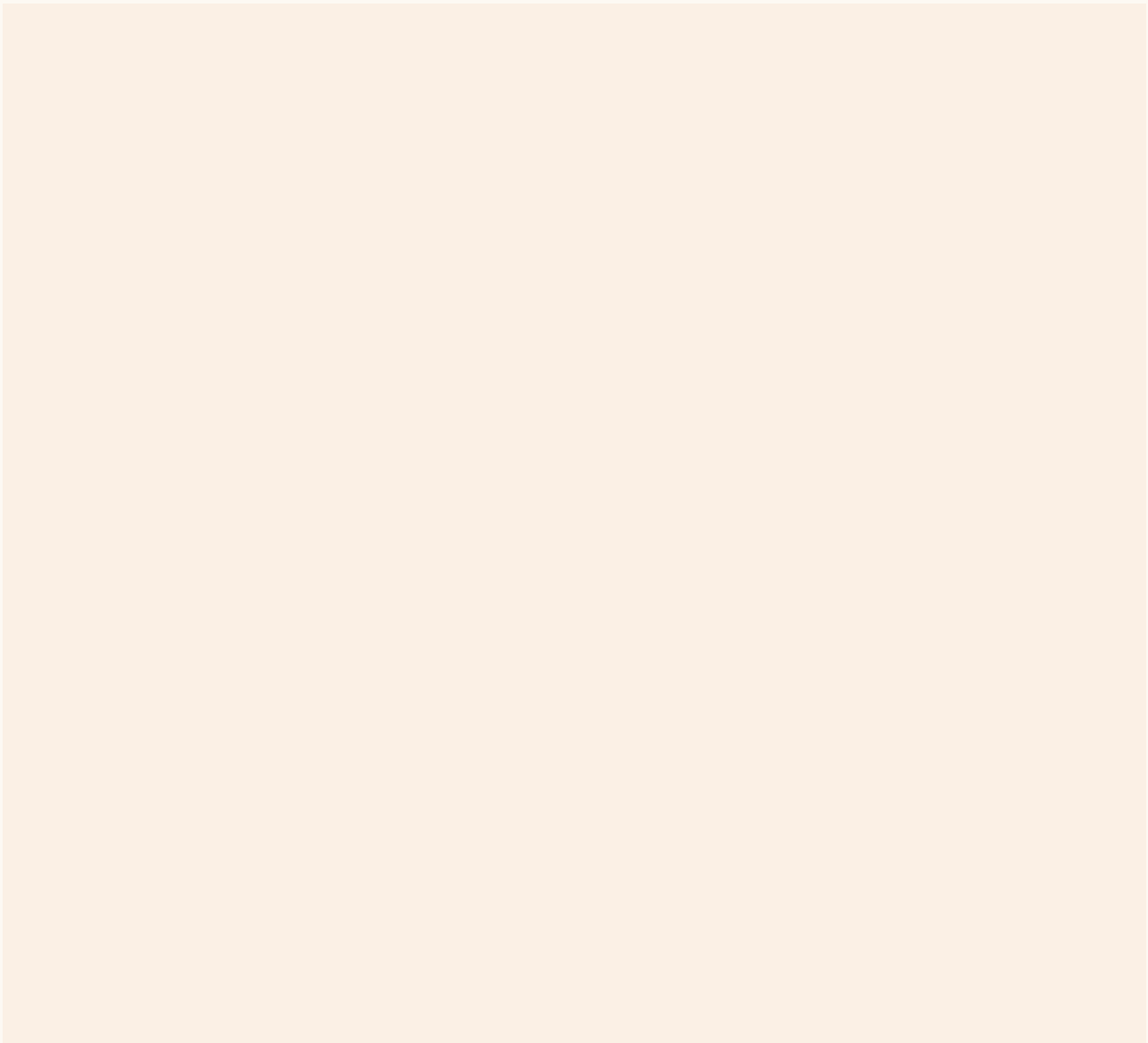


How to Create It:

- Gather materials: magazines, printed images, markers, scissors, glue, or a digital tool like Canva if you prefer to create an online version.
- Think about what you want to include:
 - Pictures that represent your goals (e.g., a serene yoga pose for health, a passport for travel).
 - Words or phrases that inspire you (e.g., “confidence,” “peace,” “abundance”).
 - Symbols, colors, or designs that resonate with your intentions.
- Assemble your board, either directly in your workbook or on a separate page. Place it somewhere visible to keep your focus on your dreams.

Prompt

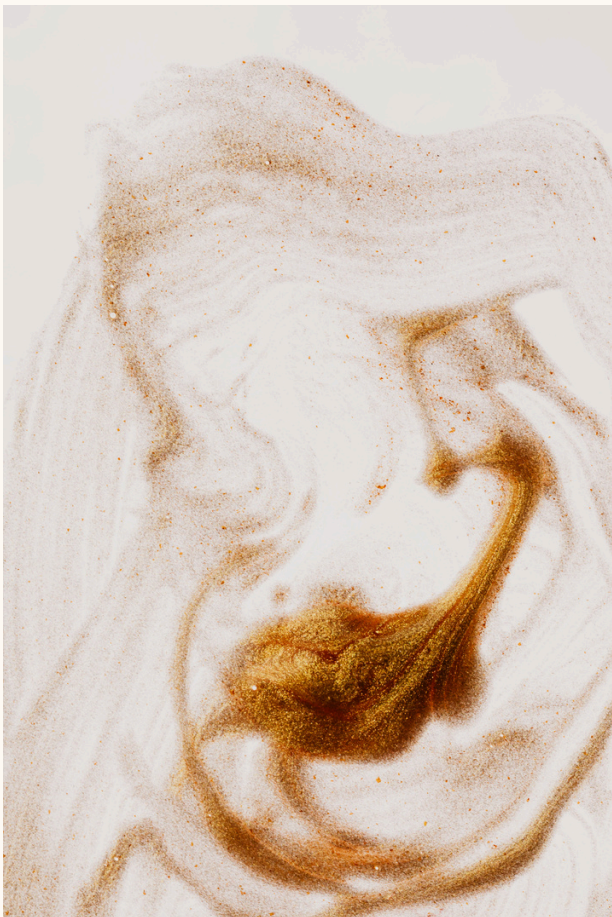
As you look at your vision board, ask yourself: What emotions does this inspire in me? How can I take one small action today that aligns with this vision?



One word for the year

Purpose:

Choosing a single word as your guiding principle provides a clear and simple anchor for your year. It's a tool for focus, helping you stay aligned with your values and priorities when life feels overwhelming.



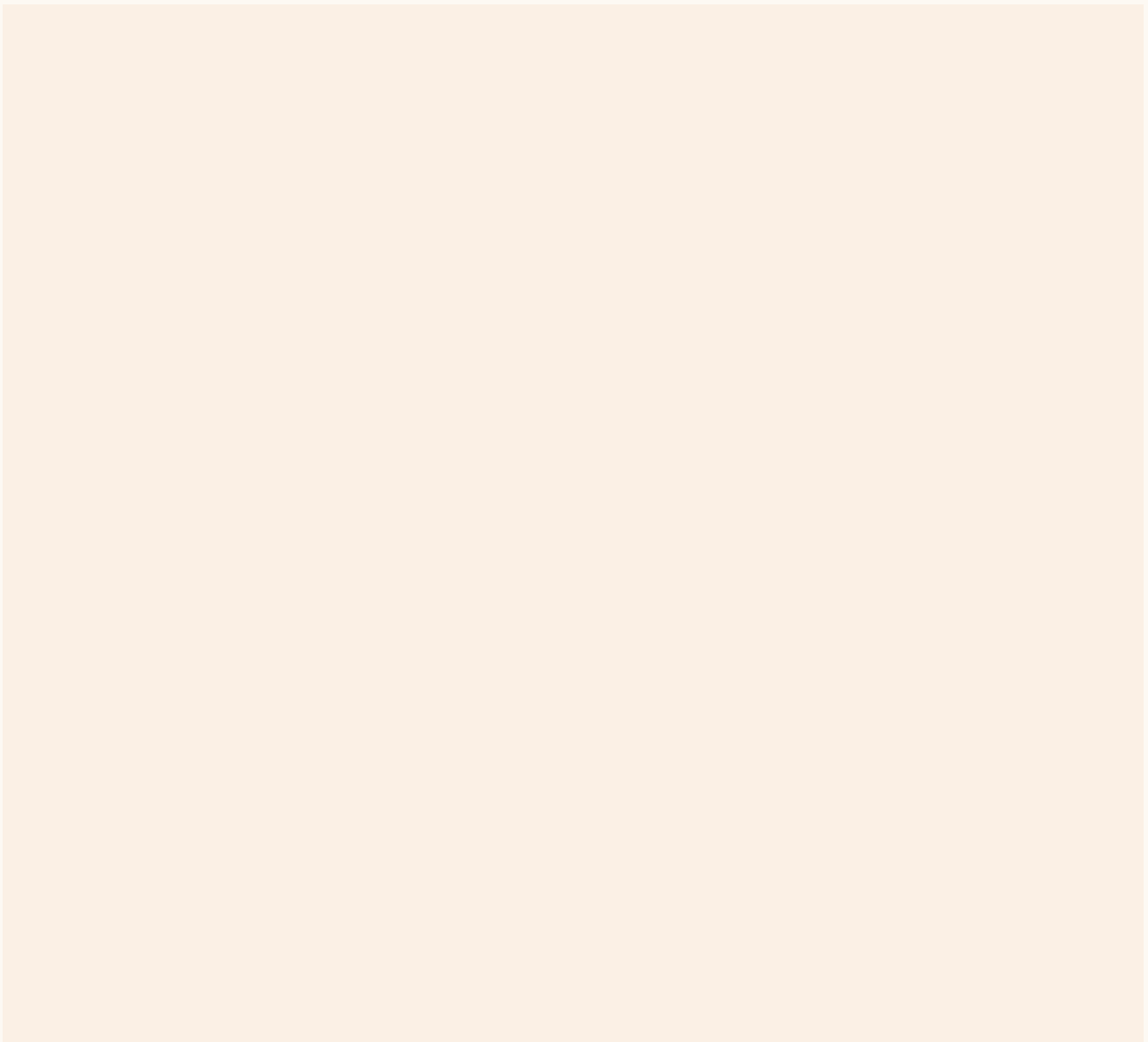
How to Choose Your Word:

- Reflect on your goals, values, and how you want to feel in 2024.
- Ask yourself:
 - What word reflects my deepest desires for the new year?
 - What qualities do I want to embody?
- Examples:
 - Growth, Peace, Balance, Strength, Love, Connection, Courage, Abundance.

Prompt

Once you've chosen your word, write it boldly

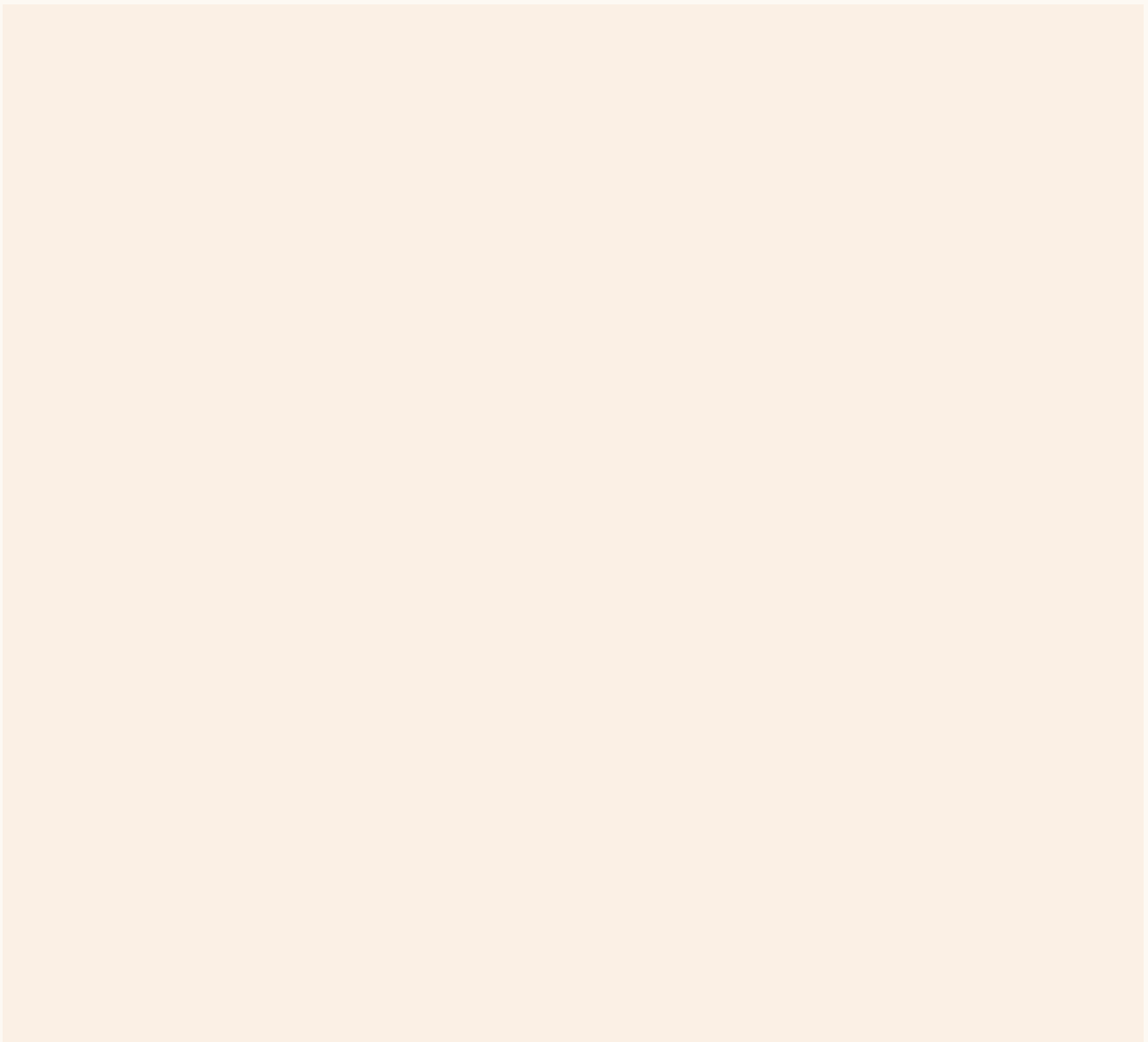
- Decorate around it with doodles, affirmations, or colors that inspire you.
- Keep it somewhere visible—like on your desk or as your phone wallpaper—to remind you of your intentions daily.



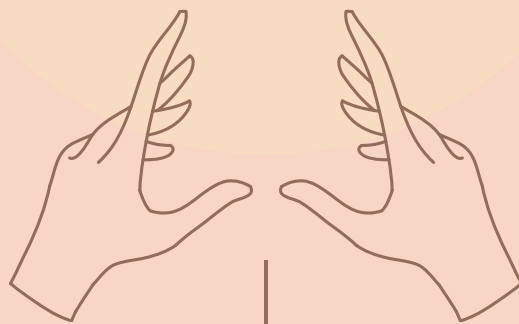
Prompt

Write a list of 5–10 things you're excited or grateful for in the coming year. These can be specific (e.g., "spending time with loved ones") or open-ended (e.g., "unexpected opportunities for growth").

Imagine how you'll feel when these moments arrive.



Bonus tools



Daily Planner

06:00



07:00



08:00



09:00



10:00



11:00



12:00



01:00



02:00



03:00



04:00



05:00



06:00



08:00



09:00



10:00



11:00

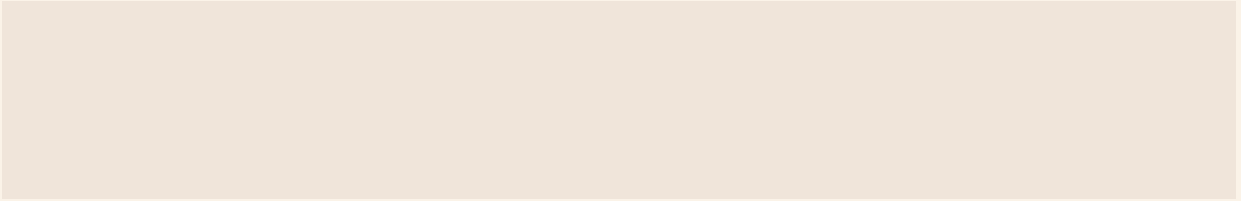


12:00

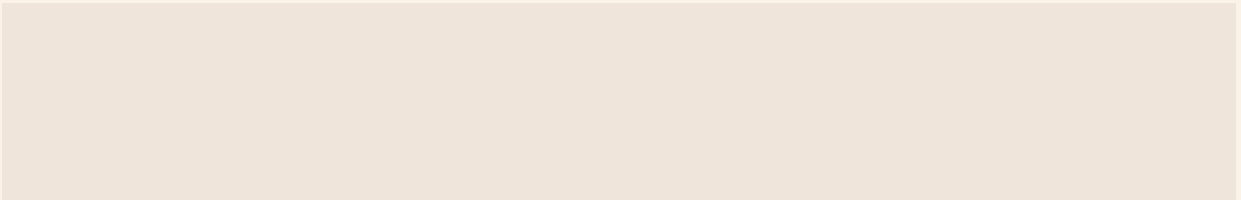


Weekly Planner

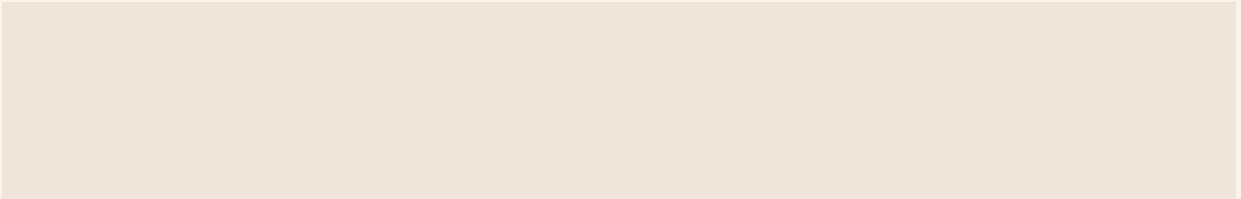
MON



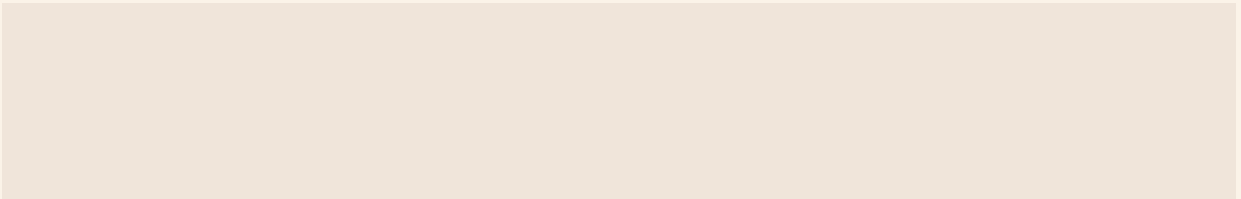
TUE



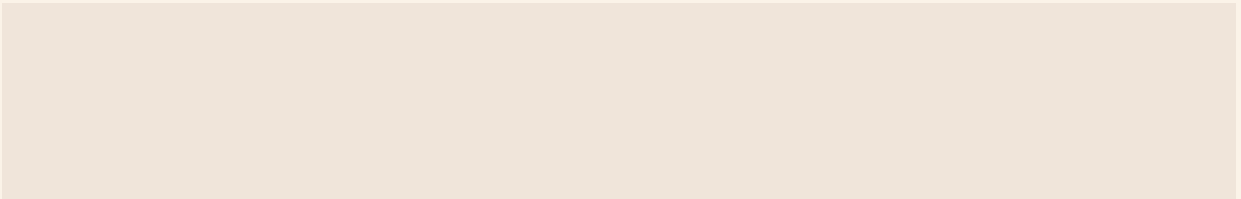
WED



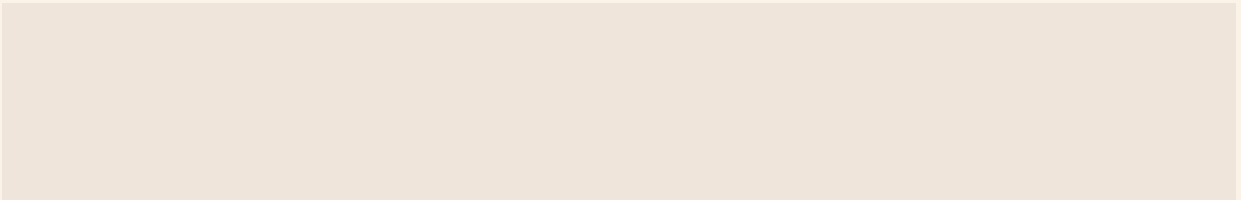
THU



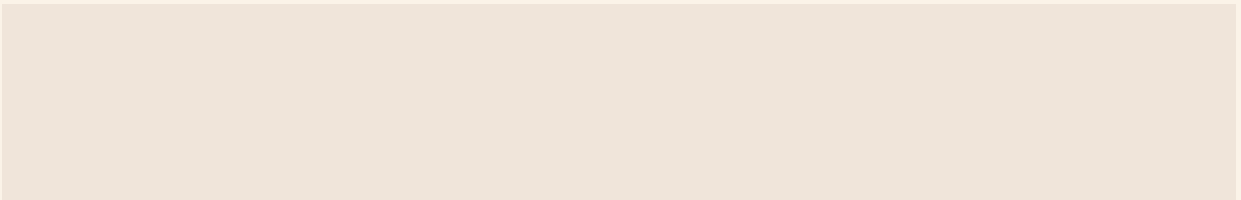
FRI



SAT



SUN



Monthly Planner

MON

TUE

WED

THU

FRI

SAT

SUN

Notes

Yearly Planner

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Daily Habit Tracker

First Habit Here

M T W T F S S



Second Habit Here

M T W T F S S



Third Habit Here

M T W T F S S



Fourth Habit Here

M T W T F S S



Fifth Habit Here

M T W T F S S



Sixth Habit Here

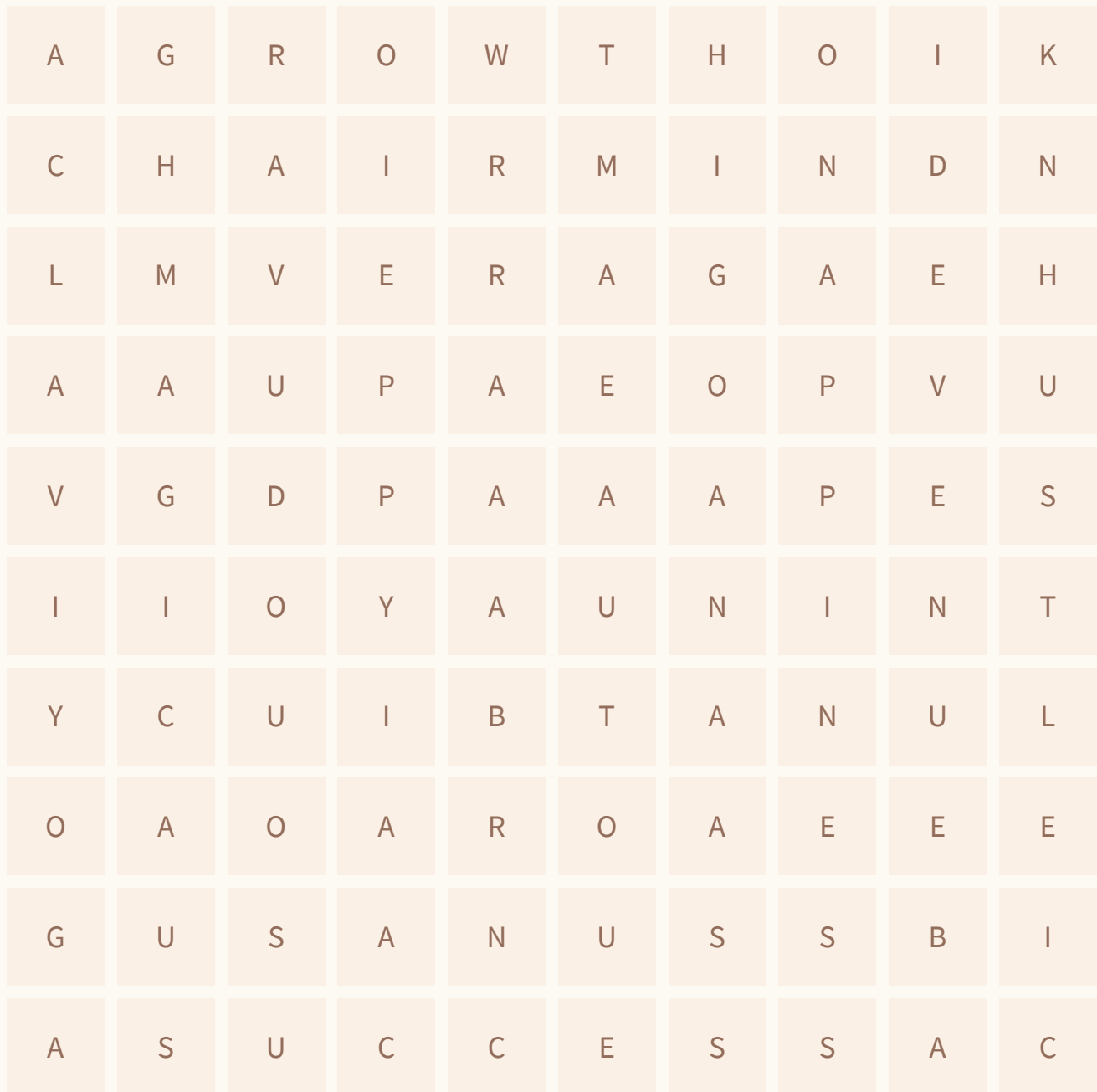
M T W T F S S





2025 Word Search Quiz

-
- Ladyboss
 - Growth
 - Revenue
 - Business
 - Leverage
 - Lavish
 - Hustle
 - Success
 - Happiness
 - Magic
 - Mind
 - Yoga
-



H
E
A
L
I
N
G

Notes

F
R
E
Q
U
E
N
C
Y

Let's heal together

I offer one on one sessions, group coaching, self study courses, as well as live workshops and retreats. Contact me for a FREE consult and let's explore ways that I can support you on your mental health journey. Visit my website www.daliahalabi.com for more information or contact me on:

hello@daliahalabi.com



Join The Community

Every month I offer my community free seminars, workbooks, and tools. I believe in making mental health accessible and by signing up to my community you will get complete access to these resources

You can also find more psychoeducation, yoga flows and meditations on my YouTube channel D's Spot.

www.daliahalabi.com



Thank You