

The 2025 Reflection Reset

10 Gentle Journal
Prompts to Look Back on
Your Journey



Thank You For a Wonderful Year!



At Daily Motivation, we always set aside reflection time at the end of December to look back at the year we're leaving behind.



We get so busy making new resolutions and goals for a fresh start January 1st, but the few days before the New Year are perfect for remembering:

**every small win
all the good habits we built
and the bad ones we finally let go of
the growth we've achieved
the knowledge we've gained
the people we've helped
what we're proud of ourselves for**

So this year, we wanted to share some of our favorite reflection prompts to help *you* remember all of your wins along the way in what was a really tough year for a lot of us.

Thank you for being here, we're wishing you all the best in 2026!

- Dominica, Hardie, Jigeesha, Krista & Sarah



Reflection Activity: Nature Walk

This prompt is meant to do after you spend some mindful time surrounded by nature. No headphones, no distractions.

Journal Prompt:

“What shifted in me during my time in nature today? Did I feel more present, more grounded, or more alive? What did I notice around me - and within me?”

You might write about:

- A specific image or sound that stood out
- A moment when your mind quieted down
- Any emotions or memories that surfaced
- How this experience differed from your usual pace of life

Don't worry if you don't have a dramatic epiphany. Often, the value is subtle: a lightness, a breath, a quiet return to yourself.

Affirmation: “Even in stillness, I come alive.”



[illegible]



Reflection Activity: 7 Days of Gratitude

This prompt is meant to be done after you've spent a full week practicing daily gratitude journaling.

Journal Prompt:

"Looking back over the week, how has focusing on gratitude affected my mood, thoughts, or energy? Did I notice a shift in how I experienced my day-to-day life?"

Thoughts to Explore:

- Was it hard to come up with things at first?
- Did you notice more good things as the week went on?
- Did this change how you interacted with people or how you handled stress?

Affirmation: "Gratitude turns what we have into enough." — Aesop



Gratitude



Gratitude

[illegible]



Reflection Activity: Setting Boundaries

This prompt will help you reflect on any boundaries you've been working on, or even ones you plan to do in the near future.

Journal Prompt:

"How did setting (or thinking about setting) this boundary affect my mood, energy, or self-respect? What fears came up - and what did I learn from facing them?"

You might notice:

● Relief ● Resistance ● Pride ● Or all three

That's normal. Boundaries are not easy - but they *are* transformational.

Gentle Reminders:

It's okay if it feels awkward at first.

People may be surprised when you shift - but the right ones will respect your growth.

You are not responsible for managing everyone else's emotions.

Affirmation: "Protecting my peace is an act of love."



[illegible]



Reflection Activity: Joy Triggers

This prompt is meant to help you make a list of all the things that bring you joy - and then to reflect on how each one makes you feel when you do it.

Journal Prompt:

"How did making time for joy triggers affect my mood, energy, or relationships this week? Did I feel more connected to myself? What surprised me about what brought me joy?"

You might notice:

- You found yourself smiling more.
- You felt less irritable.
- You remembered a part of yourself you'd forgotten.

Joy reconnects us with aliveness. Even a few minutes can make a difference.

Affirmation: "When you start to pay attention to joy, it starts to show up more often."



[illegible]



Reflection Activity: Meaningful Habits

For this prompt, think about a habit you've been working on, or would like to work on and reflect on why it's meaningful or important to you.

Journal Prompt:

**"How did I feel while engaging in this meaningful activity?
What did it remind me about myself, my values, or what truly
matters to me?"**

You might write about:

- A moment that stirred emotion
- A sense of peace or purpose that returned
- A realization about how you want to live going forward

Remember: these are breadcrumbs - small signals
guiding you back to yourself.

***Affirmation: "My life matters—and I choose to
live it with intention."***



[illegible]



Reflection Activity: Identifying Heaviness

This reflection is excellent for when you feel burned out, exhausted or just...heavy carrying the weight of something in your life.

Journal Prompt:



Where in your life do you feel the most overwhelmed right now?



What responsibilities or routines feel like “shoulds” more than meaningful choices?



When was the last time you felt calm, unrushed, and present? What was missing from your schedule at that time?

Remember: You don't need to fix everything right away.
Awareness is the starting point of transformation.

Affirmation: “My life matters—and I choose to live it with intention.”



Notes section

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Reflection Activity: Personal Purpose

What Do You *Truly* Value?

**Make some space in your day to sit and
reflect on the following:**

Journal Prompt:



**When in your life did you feel the most peaceful
and fulfilled? What were you focused on during
that time?**



What are three values that matter deeply to you?



**What areas of your life feel out of alignment with
those values?**

**When you align your life with your values, you don't
need to do as much convincing or justifying.
You simply know what belongs - and what doesn't.**

***Affirmation: "I reflect on my values often,
which helps me live intentionally."***



[illegible]



Reflection Activity: Letting Go

Guided Reflection: Exploring Your Resistance

**Let's get curious - not judgmental - about
what feels hard to let go of.**

Journal Prompt:



What's one commitment or responsibility that no longer feels aligned, but you're afraid to release?



What fears or stories come up when you imagine letting it go?



If you released it, what would you gain? (More time? Energy? Peace? Creativity?)

This isn't about rushing into decisions. It's about shining light into the parts of your life you've outgrown.

***Affirmation: "I pause to examine what I'm resisting,
trusting this reflection will show me the way forward."***



[illegible]



Reflection Activity: Digital Detox

Reflection: What's Cluttering Your Mind or Screen?

Let's take a minute to pause and bring gentle awareness to what's taking up space in your life.

Journal Prompt:



What digital habit drains you the most (e.g., social media, news, email)?



What thoughts keep circling in your mind, even when you want to relax?



What would it feel like to have a clearer mind and a quieter digital life?

Awareness is the first step. Compassion is the second.

Affirmation: "I have the power to choose what deserves my attention. I release what no longer serves me, and I create space for clarity and peace."



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.







Reflection Activity: What Really Matters?

Reflection: Rediscovering What Matters

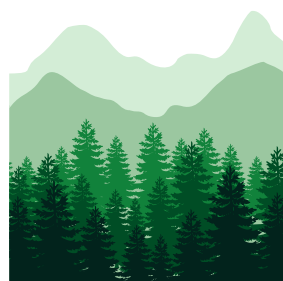
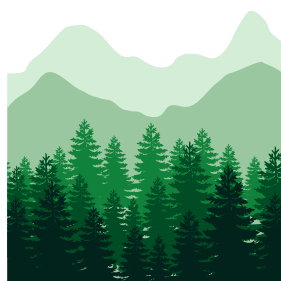
Let's take some time to reconnect with your core values - the personal ethics you live by that guide how you treat people, make decisions and carry yourself in life.

Journal Prompts:

-  Think of a time when you felt deeply fulfilled and at peace. What were you doing? What values were being honored?
-  Choose 3–5 values that feel essential to who you are.
-  How well does your current lifestyle reflect those values - from 1 (not at all) to 10 (completely)?
-  Where are the biggest gaps?

Don't rush. Be honest. This is where your real answers live.

Affirmation: "I live a life that reflects who I am and what I value most."



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