

2024 REFLECTION: CULTIVATING HARMONY IN MIND, BODY, AND ENERGY

BY WELLBAY, YOUR HUB FOR HOLISTIC HEALING



3 STEP PROCESS

STEP ONE

Reflecting on 2024

STEP TWO

Vision for 2025

STEP THREE

Present in gratitude



2024 REFLECTION

GOING THROUGH YOUR CALENDAR

Go through your calendar: Look at your schedule week by week.

Write down major events, milestones, or significant moments.
Include family gatherings, social events, work projects, or personal milestones.

January

February

March

April



2024 REFLECTION

GOING THROUGH YOUR CALENDAR

Go through your calendar: Look at your schedule week by week.

Write down major events, milestones, or significant moments.
Include family gatherings, social events, work projects, or personal milestones.

May

June

July

August



2024 REFLECTION

GOING THROUGH YOUR CALENDAR

Go through your calendar: Look at your schedule week by week.

Write down major events, milestones, or significant moments.
Include family gatherings, social events, work projects, or personal milestones.

September

October

November

December



2024 REFLECTION

SIX SENTENCES ABOUT 2024

Complete these sentences to summarize your year:

THE BIGGEST THING I COMPLETED THIS YEAR WAS _____

THE MOST IMPORTANT THING I DID FOR OTHERS WAS _____

THE BIGGEST SURPRISE OF THE YEAR WAS _____

THE BIGGEST LESSON I LEARNED WAS _____

THE WISEST DECISION I MADE WAS _____

THE MOST MEMORABLE MOMENT OF THE YEAR WAS _____



2024 REFLECTION

HOLISTIC REFLECTION

Reflect on key aspects of your life. Write about significant events in these areas:

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
MENTAL WELL-BEING			
EMOTIONAL WELL-BEING			
PHYSICAL WELL-BEING			
SPIRITUALITY			
CAREER			
RELATIONSHIPS (FAMILY, FRIENDSHIPS, LOVE)			



2024 REFLECTION

GRATITUDE & PRIDE

WHAT ARE YOU MOST GRATEFUL FOR THIS YEAR?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

WHAT ARE YOU THE PROUDEST OF?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



2024 REFLECTION

CHALLENGES & GROWTH

LIST YOUR THREE BIGGEST CHALLENGES THIS YEAR. WHAT DID YOU LEARN FROM OVERCOMING THEM?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

WHO OR WHAT HELPED YOU THROUGH THESE CHALLENGES?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



2024 REFLECTION

LETTING GO & FORGIVENESS

ARE THERE THINGS YOU'RE HOLDING ONTO THAT NO LONGER SERVE YOU? WRITE THEM DOWN AND REFLECT ON LETTING THEM GO.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

IS THERE ANYONE (INCLUDING YOURSELF) YOU NEED TO FORGIVE? WRITE YOUR THOUGHTS HERE TO BEGIN THE PROCESS.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



YOU'RE DONE
WITH THE PAST
YEAR.

YOU HAVE JUST
FINISHED THE
FIRST PART.

TAKE A DEEP
BREATH.
GET SOME REST.

- PART 2 -
2025 VISION

HELLO 2025!

As you turn the page to 2025, set the foundation for growth and balance. Use this guide to visualise your goals, align with your priorities, and step confidently into the year ahead.

VISION FOR 2025

Imagine your ideal 2025. What would your life look like in an ideal world for your different life categories? Write or draw your vision.

MENTAL WELL-BEING

EMOTIONAL WELL-BEING

PHYSICAL WELL-BEING

SPIRITUALITY



VISION FOR 2025

Imagine your ideal 2025. What would your life look like in an ideal world for your different life categories? Write or draw your vision.

CAREER

FAMILY LIFE

FRIENDSHIPS

LOVE RELATIONSHIP



2025 VISION

MAGICAL TRIPLETS FOR THE YEAR

I WILL SAY YES TO THESE THREE THINGS:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

I WILL SAY NO TO THESE THREE THINGS:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

I WILL ACHIEVE THESE THREE THINGS:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



2025 VISION

DAILY PRACTICES

WHAT THREE SMALL ACTIONS WILL YOU COMMIT
TO DAILY FOR YOUR MIND, BODY, AND ENERGY?

MIND

BODY

ENERGY



SUPPORT SYSTEM

WHO WILL BE YOUR PILLARS OF SUPPORT THIS YEAR? LIST WELL-BEING PRACTICES, HABITS AND PEOPLE THAT WILL HELP YOU STAY GROUNDED:

WELL-BEING PRACTISES

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

HABITS

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PEOPLE

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

-PART 3- LIVING YOUR VISION IN GRATITUDE

Imagine it's 2025, and
everything you've
envisioned has already come
true.

Write from a place of
gratitude, as though your
ideal life has already
unfolded. Reflect on how it
feels, what your life looks
like, and the words you and
others use to describe you.
Let's bring your vision to
life with gratitude!

LIVING IN GRATITUDE

EVERYTHING YOU HAVE ENVISIONED HAS BECOME
TRUE...

WHAT THOUGHTS ARE YOU HAVING?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

WHAT DO YOU THINK ABOUT YOURSELF?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



LIVING IN GRATITUDE

EVERYTHING YOU HAVE ENVISIONED HAS BECOME
TRUE...

WHAT DO OTHERS SAY ABOUT YOU?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	

WHAT HABITS DO YOU HAVE?

<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
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LIVING IN GRATITUDE

EVERYTHING YOU HAVE ENVISIONED HAS BECOME
TRUE...

WHAT ARE YOUR LAST THOUGHTS BEFORE GOING
TO BED?

<input type="checkbox"/>	
<input type="checkbox"/>	
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WHAT ARE THE FIRST THINGS YOU TELL
YOURSELF IN THE MORNING?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



CONGRATULATIONS,
YOU HAVE
COMPLETED YOUR
END OF YEAR
REFLECTION!

WE WISH YOU THE BEST YEAR AHEAD,



OUR WELLBAY
ADVISORS ARE HERE
TO HELP YOU
DISCOVER THE
PERFECT HOLISTIC
PRACTICE FOR
YOUR NEEDS.

LEARN MORE ON
WELLBAY.NL

