

LOOKING AHEAD TO 2026.

FEEL
GOOD
CLUB.

A GENTLE REFLECTION SHEET TO LOOK BACK
AT WHERE WE'VE BEEN AND WHERE WE'RE HEADING.

HOW I ENTERED 2026

TAKE A MOMENT TO REFLECT ON WHO YOU ARE AT THE START OF THE YEAR.

ONE WORD THAT DESCRIBED HOW I FELT STARTING 2026:

SOMETHING I WAS WORRIED ABOUT:

SOMETHING I AM HOPING FOR:

Ways I Grew last year.

Growth isn't always loud. Sometimes it's quiet, subtle, and internal.

A WAY I SHOWED UP FOR MYSELF
MORE LAST YEAR:

A MOMENT I'M PROUD OF (EVEN IF NO
ONE ELSE KNOWS ABOUT IT):

Challenges That Changed Me

Hard things can still teach us something meaningful.

A challenge that shaped me in 2025:

What it taught me about myself:

How I handled it differently than I would have before:

What I Learned About Myself

Self-awareness is a form of self-love.

Something new I learnt about my needs:



A belief about myself that shifted:



Gratitude Without Pressure

Not forced positivity, just noticing.

One thing I'm grateful for about myself:

One person or connection I'm grateful for:

Carrying This Forward

No pressure to reinvent yourself.

One feeling I want to have in 2026:

One thing I want to protect (peace, rest, boundaries, joy):

One gentle intention for this year:

Closing Reflection

Finish this sentence:

"I am proud of myself for

.....

....."

**Reading back over this sheet, notice how much you've already grown,
learned, and survived.**

**You're ready for what comes next and on the days it feels heavy,
we're here for you.**

xxx