

# LOOKING AHEAD TO 2026.

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

FEEL  
GOOD  
CLUB.

## 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:

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SOMETHING I WAS WORRIED ABOUT:

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SOMETHING I AM HOPING FOR:

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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:**

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**What it taught me about myself:**

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**How I handled it differently than I would have before:**

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### 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:**

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

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**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.**

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