

Fresh Start Reflection Guide

Theme: Reflect, Release, Renew

Welcome to 2025!

After my Live on "Fresh New Year...Fresh Start," this guide is designed to help you take intentional steps into the year with clarity and purpose.

Transformation begins with small moments of reflection and action, and this guide will support you in doing just that.

Step 1: Reflect



Take a moment to pause and honour the past year. Transformation begins by understanding where we've been.

Prompt: What is one lesson from 2024 that you're grateful for?
Write it down and let it remind you of your growth.

Step 2: Release



As we step into the new year, it's time to let go of anything that no longer serves you. Release what holds you back to make space for the new.

Prompt: What is one thing you want to let go of as you move into 2025?
Picture it leaving your life as you write it down, freeing you to move forward.



Step 3: Renew

Transformation comes when we take small, intentional steps. Start fresh by setting a simple intention for the week ahead.

Prompt: What is one small step you can take this week to embrace a fresh start?
Let this action ground your journey into renewal.

Affirmation for the Year

Cut this out or write it somewhere you'll see it often:

"I am open to transformation and trust the journey ahead."

Take time with these steps, and remember, you are not alone in this journey. Share your reflections or your small step in the group if you feel inspired—your story could encourage someone else!