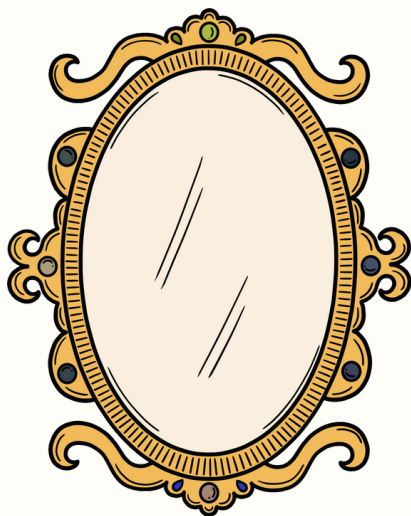


New Year New Me

Reflections & Intentions



by Georgina Mermod

Intro

As the year comes to a close, this is your invitation to pause, breathe, and gently look back before you move forward.

These reflection questions are the exact prompts I've been using every single year for the past five years. They've helped me understand what the past year has taught me, what I want to let go of, and the kind of person I want to grow into next.

I truly believe everyone benefits from taking an hour to reflect before the new year begins. It creates clarity, closure, and intention — three things that make stepping into the next chapter feel lighter and more aligned.

Take your time when answering the questions, be honest, and give yourself space. This is your moment of reflection.

Reflections: Past Year

Moments & Milestones

- What are my happiest moments from this past year?
- What were my personal accomplishments this year?
- What have I discovered about myself this year?



Lessons & Growth

- What lessons did I learn this past year?
- What were my biggest challenges this year?
- How have I and my core values changed this year?



Honesty & Self-Awareness

- In what area of my life have I been making excuses?
- What still puzzles me from this year, and what will I leave behind?



Gratitude & Appreciation

- For whom and what am I grateful for from this year?
- What routines and habits did I try and pick up this year?



Goal Setting

When setting goals for the new year, it can help to place them into meaningful categories. These four themes cover the core areas of a balanced, fulfilling life. Try setting at least one goal in each category.

To Live — physical needs

Examples:

- Move my body 3–4 times a week
- Improve my sleep routine
- Eat in a way that supports my energy

To Love — social needs

Examples:

- Deepen one important relationship
- Meet new people or reconnect with old friends
- Communicate more openly with loved ones

To Learn — mental needs

Examples:

- Read 6–12 books this year
- Take a course or learn a new skill
- Journal weekly or practice reflection

To Leave a Legacy — spiritual/purpose needs

Examples:

- Contribute to a cause I care about
- Start a passion project
- Show up more authentically in my daily life

Let these themes guide your reflections and goals for the coming year.

Reflections: New Year

Relationships & Energy

- What relationships contributed to this year?
- What mindset am I bringing into this year?



Who I'm becoming

- Who do I wish to blossom into by the end of this year?
- How do I want to feel by the end of this year?



Goals & Priorities

- What areas of my life do I need to focus more on?
- What goals can I set for myself this year?
- What healthy habits do I want to continue or pick up this year?



Themes & Identity

- What are my main themes for this new year?
- What is my word of the year?



Outro

Thank you for taking the time to reflect with these questions. By looking back with honesty and looking forward with intention, you've already planted the seeds for a more aligned, grounded, and meaningful year ahead.

Keep your answers close. Revisit them when you need clarity or encouragement. And remember — every new year is an opportunity to meet yourself again.

Wishing you a beautiful, intentional year,

Georgina