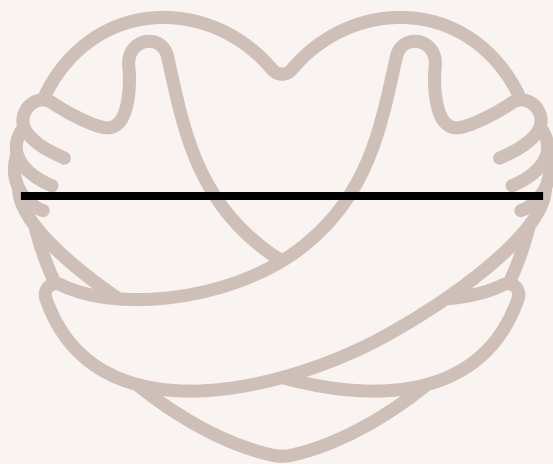


NEW YEAR

REFLECTION AND GOALS REST



WORKBOOK

LIVINGWELLWITHKATIE.NET

Welcome!

Before you create new goals, give yourself a moment to pause.

This worksheet is designed to help you reflect on the past year with honesty, compassion, and curiosity — not pressure.

You can answer these prompts in your journal, in the Notes app, or as a voice memo (my personal favorite). There's no right or wrong way to do this. Go slowly. Let your answers unfold.

These three questions will show you how reflection helps you choose goals that actually align with the life you want to create next year.

Take a deep breath. Then begin when you're ready.

Love, Katie



ABOUT ME

I'm Katie — yoga instructor, podcast host, and mom of two. I help women in midlife reconnect with their bodies, build confidence, and create more ease through movement, reflection, and simple, sustainable wellness practices.

Through my podcast *Wellness After 40*, I bring honest conversations, relatable stories, and practical tools to help you move into each year feeling grounded, intentional, and supported.

JOURNALING PROMPTS

What goals from this past year still feel aligned with who I am becoming — and which ones feel like they belong to an older version of me?

Not everything you set out to do deserves to be carried into the new year. Let this question help you release what no longer fits and honor what still matters.

[illegible]

JOURNALING PROMPTS

What did I learn about myself this year that should shape the way I set goals for next year?

Think about the moments that challenged you, stretched you, or surprised you. Your growth is information — and it should guide the goals you create going forward.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

JOURNALING PROMPTS

If I could choose one feeling or experience to anchor my next year, what habits or goals would genuinely support that?

Instead of choosing goals from pressure or comparison, choose goals that support the way you actually want to feel. Let this prompt help you build a more intentional, grounded year.



Thank you for taking this moment for yourself.
Reflection is the bridge between who you were and who you're
becoming — and these questions are your starting point.

WANT TO GO DEEPER?



You can connect with me via Instagram at [Livingwellwithkatie.e](https://www.instagram.com/Livingwellwithkatie.e) or on my website!

You can also check out my podcast, **Wellness After 40**, where we explore this topic and much more!

Listen on Apple or Spotify podcasts

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