



# Positive Reflections on the Year gone by 2024



5 ACCOMPLISHMENTS I AM PROUD OF IN 2024



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WHAT HABITS SERVED ME WELL?

HOW CAN I BE BETTER IN 2025?

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[www.PositiveProvocations.com](http://www.PositiveProvocations.com)

BIGGEST LIFE LESSONS FROM 2024

I AM MOST GRATEFUL FOR...

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THE HARDEST THING IN 2024 WAS

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WHAT DID I LOVE MOST ABOUT MYSELF IN 2024



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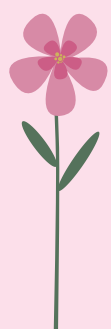




# Healing Prompts to Reflect on...



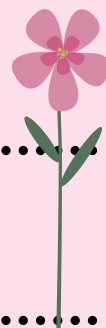
- Beautiful things or experiences that you have seen this past year
- A mindful moment you can remember that helped you re-center
- A kindness that you showed to someone this year
- Something hard that you did or maybe there were lots of hard things, write them down without missing on even the smallest ones.
- A time that you showed yourself compassion or kindness
- A time when you felt physically powerful and strong
- Something new that you learned this year, list even the smallest thing
- A way that you stretched yourself or took a risk – to try something new, to learn something or engage in something or with someone
- A time you were able to recognize your emotion and give it space and sit with it a bit more than before without being reactive or shutting it down





This image shows a full-page template for handwriting practice. It consists of ten horizontal rows of dotted lines on a light pink background. At the bottom left and right corners are illustrations of pink five-petaled flowers with green stems and leaves. In the bottom center is a small orange and black butterfly logo next to the website address "www.PositiveProvocations.com".



[illegible]





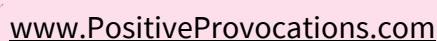
# My Healing Reflections on 2024



A series of ten horizontal dotted lines spanning the width of the page, providing space for writing reflections.







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I'm **so thankful** you downloaded these worksheets to reflect on your year of 2024. I hope it serves you well. May your year end be full of positive vibrations, self love, healing, peace & calmness.

And, since this is a FREE resource, please feel free to share it with your loved ones.

May we all heal together.

With Love always, Zeena~



## Hi! I'm Zeenat

I'm a Counseling Psychologist & Spiritual Counselor.

I counsel souls to heal mentally, emotionally & spiritually (20+ years).

I offer Psychotherapy & Spiritual Counselling (worldwide) for ◦ Anxiety ◦ Trauma ◦ Depression ◦ Relationships ◦ Spiritual Growth & Guidance. On my website/blog I have been sharing all that I know for 14+ years to help YOU heal completely.

### ***Special Training & Qualifications:***

*~M.A. (Psychology)*

*~M.Sc. (Counseling & Psychotherapy)*

*~Doctorate in Spiritual Counseling (Metaphysics, Theology, Spirituality, Philosophy)*

*~Certifications in Naturopathy and Alternative Medicine*

*~Master Reiki Healer*

*~Pranic Healer*

*~Angel Therapist*