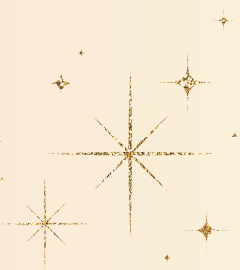




# Positive Reflections on the Year gone by 2025



5 ACCOMPLISHMENTS I AM PROUD OF IN 2025



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WHAT HABITS SERVED ME WELL?

HOW CAN I BE BETTER IN 2026?

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BIGGEST LIFE LESSONS FROM 2025

I AM MOST GRATEFUL FOR...

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THE HARDEST THING IN 2025 WAS

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WHAT DID I LOVE MOST ABOUT MYSELF IN 2025



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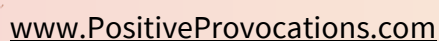
# Healing Prompts to Reflect on...



- Moments of beauty that touched you this year
- A mindful moment that helped you return to yourself
- A kindness you offered someone else
- Hard things you faced, large or small.  
Honoring all of them
- A moment of self-compassion
- A time you felt strong and embodied in your body
- Something new you learned, no matter how small
- A risk you took or a way you stretched beyond your comfort zone
- A moment when you noticed an emotion and allowed it space without shutting it down or reacting



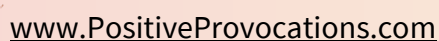
# Reflections on 2025

[illegible]

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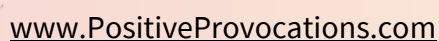
# Reflections on 2025

The image shows a full page of blank handwriting practice paper. It features ten sets of horizontal lines. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. The background is light blue, and the lines are dark blue. There is no text or other markings on the page.

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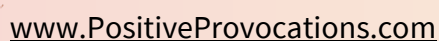


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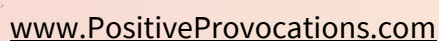
# Reflections on 2025

[illegible]

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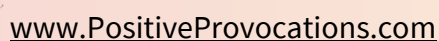


# Reflections on 2025

The image shows a full page of blank handwriting practice paper. It features ten sets of horizontal lines. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. The background is divided into two vertical sections by a faint vertical line. The left section has a light pink background, and the right section has a light yellow background. There are no margins or other markings on the page.



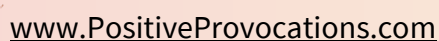
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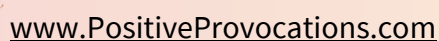


# Reflections on 2025

[illegible]

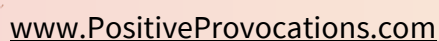


# Reflections on 2025

[illegible]

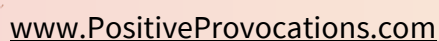


# Reflections on 2025

[illegible]



# Reflections on 2025

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I'm **so thankful** you downloaded these worksheets to reflect on your year of 2025. 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 20+ 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

