

A Guide To 2025 YEAR-END REFLECTION



This step-by-step guide will help you reflect on your 2025 effectively. Pick it up when you are ready!

BY PERSONAL GROWTH
STRATEGIES

2025 REFLECTION

2025 had the same month and days for each of us, but we all experienced it differently. However your journey has been, congratulations on making it this far. I'm grateful for the grace of God that has carried you through.



Romans 12:3

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us..

All the silent battles you faced when no one was watching, the big breaks and the small joys of life you experience – congratulations for still showing up, however that may have looked for you!

This guide will help you reflect on 2025, understand where you are on your personal growth journey, and lay the foundation for planning your future. As the personal growth strategies community, our 2025 reflection is centered on Romans 12: 3, Authentic reflection.

“Pro Tip: Writing down plans and journaling helps you track your progress towards who you are as a person, your goals, and your growth in the different categories of your life. This enables you to become aware of where you used to be and where you are now. If you weren't journaling or writing your plans & thoughts this year, you can try it in 2026.

The First Step to a successful, authentic reflection.

One of the personal growth strategies we have learnt over time is that your environment plays an important role in your success. To have a successful reflection session, create an environment that fosters your flourishing. You can achieve this by following some of these tips;



1. Set aside enough time: Make sure you are not in a rush; take your time. It could be the entire day or set aside some hours for X number of days, 3 – 5, depending on your time.

2. Have resources to help with your reflection: Gather your journals, planners, and calendars that you used throughout 2025. Photos & videos you took in the past year are a great addition as well. All these resources will help you get a glimpse and a reminder of your year. While your mind is a great resource, you cannot rely on it to remember everything.

3. Reflect on your life in parts. Categorize your life into different growth areas: Spiritual, Physical(body & health, beauty, etc), Emotional & Mental, Career/ Work (anything that you put your hands & mind to), Relationships & Social, and Finances.

4. Review your 2025 goals/ what you wanted to see happen this year.

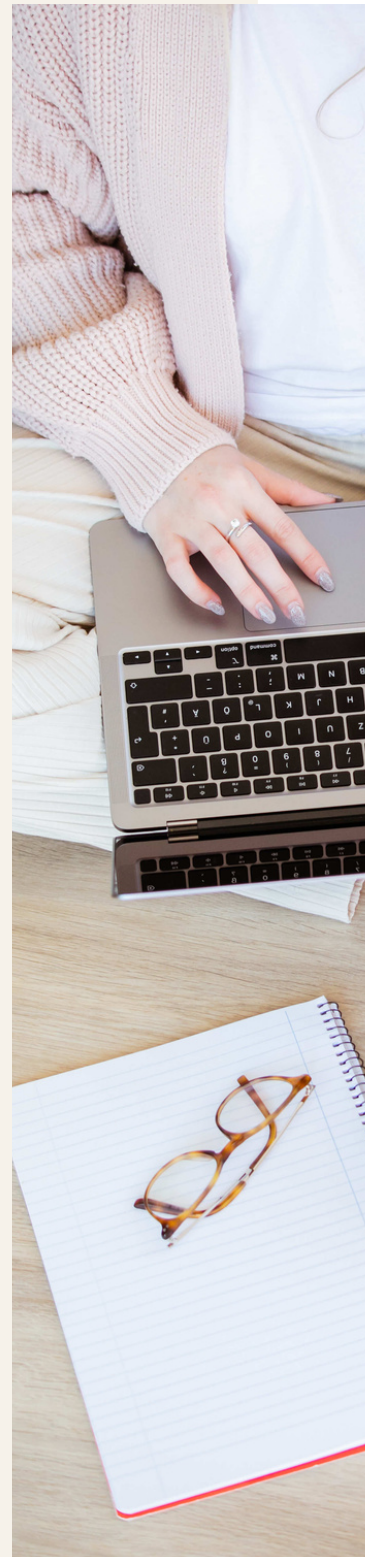
10 Year–End Reflection Prompts

1. What were the 3 biggest highlights of 2025?

2. In every area of your life, reflect on how you showed up in 2025, did you grow in that area, and are you happy with how you showed up? What changes do you need to make in each area?

Relationships Reflection Tip: Consider a joint reflection with the individuals you are in relationships with, your spouse, or friends.

3. During the course of 2025, what aligned with your purpose and what felt misaligned? Why?

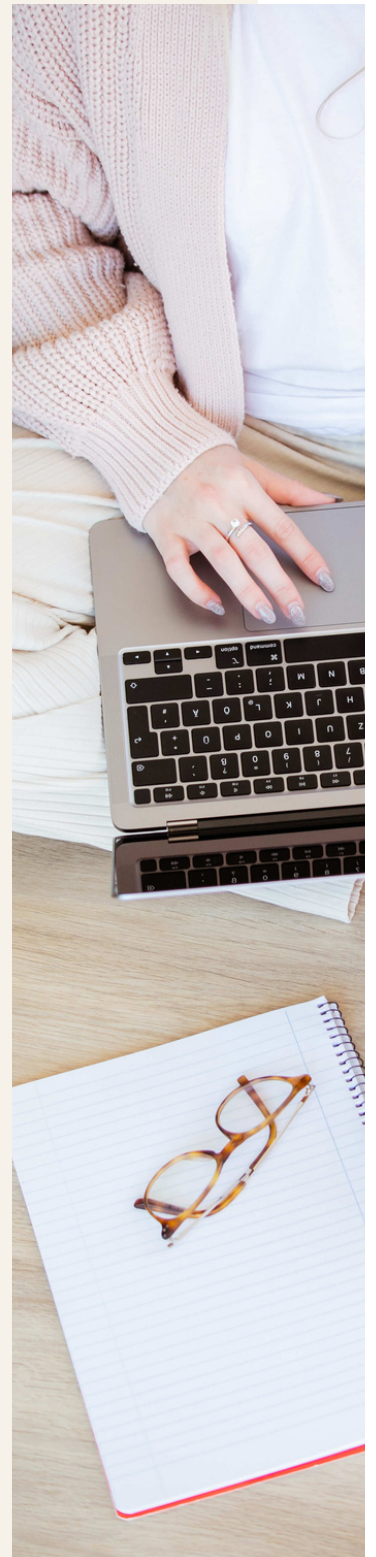


4. What are some of the most important lessons you learnt this year?

5. Did you achieve your 2025 goals/resolutions? Did these goals and resolutions evolve during the year? If so, how did they evolve?

6. What challenges did you face, and what did you have to learn and unlearn because of the challenges?

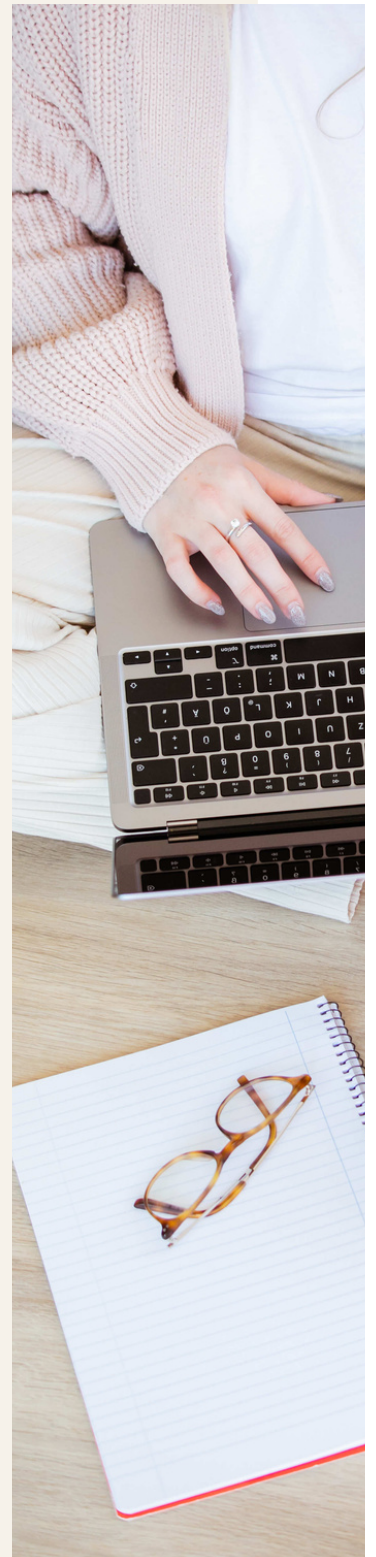
7. Did you meet new people? Describe your experience. Did you lose people to death/ them not being in your life anymore? Describe your experience.



8. What is your gratitude list for 2025?

9. In what areas of your life have you been showing up the best and vice versa?

10. On a scale of 1- 10, how would you rate your year?



Words of encouragement

Be kind and yet firm with yourself. Sometimes reflection can make you beat yourself for not being where you want to be. Please don't allow yourself to stay in that state because it is a state of paralysis; you don't take any steps forward yet remain in a rut. Acknowledge yourself in the areas you did well and plan your way out of those areas you are not pleased with. Always remember we cannot fully experience personal growth without God, He is your present help, lean on him in all the areas of your life.



Use this guide whenever you are ready and you see fit to have your yearly reflection. You can use it for your birthday yearly reflection as well. Enjoy the reflection.,

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Thank you!
