

the modern domestic woman



Reflecting on 2024: Honest Insights and Setting the Stage for 2025

As the year winds down, it's easy to get swept up in the excitement of the new year ahead—the fresh start, the new goals, the promise of transformation.

But before you rush headfirst into 2025, it's worth taking a step back and reflecting on the 12 months you just lived through. 2024 may have been full of growth, lessons, and even a few hiccups. By looking back honestly, you can set a more grounded, intentional foundation for the year ahead.

Reflection isn't just about looking at what went wrong or right—it's about understanding what you've learned and how far you've come. So, grab a beverage and take a deep breath.

It's time for a thoughtful, no-pressure reflection.



Why Reflect? A Moment to Pause and Learn

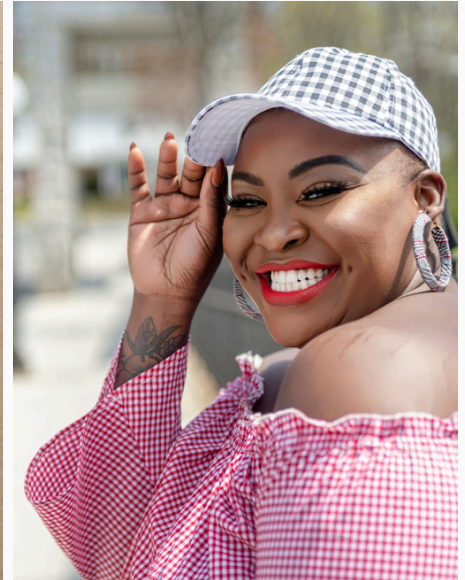
The end of the year can feel like a race to the finish line, but pressing pause to reflect allows you to tap into what's truly been happening—emotionally, mentally, and even physically. It's a bit like cleaning your glasses so you can see the road ahead more clearly.

According to a study from the Harvard Business Review, regular reflection helps people understand what habits and strategies worked and which ones didn't, leading to improved decision-making and overall effectiveness. The study found that people who reflect on their progress every few weeks were 23% more likely to reach their long-term goals.

In short, reflecting is a tool for learning—not only from your triumphs but also from your mistakes, your missteps, and your "well, that didn't go as planned" moments.

Questions to Ask Yourself: Reflecting on Wins, Lessons, and Growth

Let's dive in. Grab a pen and paper, open a blank document (no judgment if it's on your phone), or use the worksheet at the end of this workbook. Here are some prompt questions to guide your reflection. And don't worry, there's no right or wrong way to answer—this is about your personal journey.



- **What was my biggest win this year?** – Whether it was a career achievement, a personal relationship milestone, or even just making it through a tough season, take a moment to recognize your success. It doesn't have to be massive. Sometimes the "small" wins are the ones that make the biggest difference.
- **What did I learn about myself in 2024?** – This one's a biggie. Did you discover strengths you didn't know you had? Did you uncover weaknesses or triggers that you need to work on? Self-awareness is the cornerstone of personal growth.
- **What were my biggest challenges, and how did I handle them?** – Let's not sugarcoat it. The challenges you faced this year were real, and how you handled them matters. What worked? What didn't? Did you try any new coping strategies that helped? How did you bounce back from setbacks?
- **What habits did I successfully build this year?** – Maybe you finally made a habit of drinking enough water, sticking to a workout routine, or even making time for your mental health. Healthy habits are the backbone of long-term success. But don't stress if you didn't conquer them all. Perfection is overrated.
- **What boundaries did I set for myself?** – Setting boundaries is one of the most important forms of self-care. Did you say "no" more often this year? Did you protect your time and energy? If so, how did that impact your well-being? If not, how can you begin practicing this in the future?



- **How did I practice self-compassion this year?** – We all have that inner critic, but how often did you show yourself kindness instead of judgment? How did you forgive yourself when things didn't go as planned?
- **What am I most proud of, even if it seems small?** – Pride doesn't always have to come from big accomplishments. Maybe you stayed consistent with something, had an honest conversation you were avoiding, or got out of your comfort zone in some way. Celebrate those quiet victories.
- **Knowing what did not serve me in 2024, what will I not take with me into 2025?** – Let's be real for a second: there were definitely some habits, people, or situations this year that didn't add value to your life. What will you consciously leave behind as you step into the new year? Whether it's negative self-talk, time-wasting activities, or toxic relationships, it's time to let go.
- **What can I take into 2024 that will help me reach my goals?** – On the flip side, what positive habits or mindsets from 2024 can you bring with you into the next year? Maybe you learned the importance of consistency, or you discovered a productivity method that works for you. What practices, skills, or attitudes will you carry forward to help you thrive in 2025?



Micro Habits: Tiny Steps to Big Change

While it's easy to look at your goals for 2025 and think you need to go all-in, the real power lies in making small, consistent changes over time. This is where micro habits come into play.

Micro habits are small, easy actions that don't feel like much in the moment, but they add up over time. Instead of committing to a full 30-minute workout, you start with 5 minutes a day. Instead of setting an unrealistic goal to read 50 books, commit to reading just 5 pages a day. These tiny shifts are manageable, and their impact is powerful.

Statistic to chew on: Research shows that it takes an average of 66 days to form a new habit, according to a study published in the *European Journal of Social Psychology*. This means that those little 5-minute actions you take every day are actually much more important than you might think.

Start with something simple. For example, if you want to journal more, aim for just one sentence each day. If you want to drink more water, try drinking one extra glass daily. The point is that these "baby steps" create momentum that can turn into lasting habits.



Looking Ahead: Focusing on the 2025 You

As you think about the year ahead, don't forget to set realistic goals that are built on the lessons from 2024. Reflect on what's worked, what hasn't, and how you can integrate more micro habits into your daily routine. Set boundaries that allow you to protect your time and energy, and practice self-compassion when things don't go as planned. Because, spoiler alert: they won't always go as planned, and that's okay!

Remember, the journey toward achieving your dreams doesn't need to be a perfect sprint. It's more like a walk with some detours, a few pauses for reflection, and the occasional snack break. And that's exactly how it should be.

Be Kind to Yourself

As you reflect on 2024, be kind to yourself. Acknowledge the progress you've made, even if it doesn't look like what you envisioned at the start of the year.

Growth isn't linear—it's messy, beautiful, and full of surprises. So, as you head into 2025, remember that the best way to move forward is with honesty, humor, and a commitment to the small, everyday steps that will get you there.

Here's to reflecting honestly and setting intentions with heart—minus the pressure.

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What were my biggest challenges, and how did I handle them?

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How did I practice self-compassion
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