

# *Year-End Reflection*

What are you proud of from the last year?

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Which daring outfits are you happy you wore?

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Which experiences drained your energy?

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Which outfits drained your energy the most?

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What will you stop doing next year? Why?

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Which pieces will you stop wearing? Why?

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# *Year-End Reflection*

When did you feel most like yourself?

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Which outfits made you most feel like yourself?

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What will you start doing to increase your energy?

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What will you start wearing to 100% feel like yourself?

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Which experiences or people gave you energy?

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What will you start doing to increase your energy?

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# *Year-End Reflection*

Which side of you have you been hiding?

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How will you intentionally show this side of you?

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What is one goal you want to reach next year?

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What do you need to stop doing to reach this goal?

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What do you need to start doing to reach this goal?

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What are your take-aways from this reflection?

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