



REFLECTIONS

&

INTENTIONS

2024 ~ 2025

# 2024 Reflection & 2025 Intentions

THE HUMAN DESIGN NEW YEAR BEGINS ON JANUARY 21ST, 2025, SO IF YOU'RE ONLY JUST TURNING YOUR MIND TO REFLECTION AND INTENTION-SETTING, YOU'RE ACTUALLY RIGHT ON TIME. THIS IS YOUR MOMENT TO ALIGN WITH THE ENERGY OF A FRESH START, GROUNDED IN CLARITY, PURPOSE, AND POSSIBILITY

**TAKE TIME TO REFLECT, REALIGN AND SET INTENTIONS FOR THE YEAR AHEAD. WHETHER YOU'RE DOING THIS ALONE OR WITH A PARTNER, APPROACH IT WITH CURIOSITY AND HONESTY.**

## Reflection

*What memory from 2024 makes you feel most grateful?*

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*What's one thing you discovered about yourself this year?*

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*If you could relive one moment from 2024, which would it be, and why?*

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*How aligned do you feel with your purpose right now, and what's one step you can take to align more deeply with it in 2025?*

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## *Wellness*

*How would you describe your physical, mental, and emotional health in 2024?*

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*What's one habit that supported your wellbeing this year?*

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*What's one shift—big or small—that could help you feel more balanced and grounded next year? Write down one habit or practice you can commit to and plan how to integrate it into your routine.*

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## *Relationships*

*When did you feel the deepest connection to loved ones in 2024?*

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*What's one thing you could give or receive to feel more supported in your relationships next year?*

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*How can you communicate your needs with clarity and kindness in 2025? Think of one example and practise how you'd express it with compassion.*

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## *Wealth*

*What financial decision are you most proud of in 2024?*

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*What's one money habit you can strengthen to feel more secure and abundant in 2025?*

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*How can you align your financial goals with what truly matters to you next year? List one specific financial habit to adopt (e.g., tracking spending, investing monthly) and set a date to start.*

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## *Career*

*What work-related moment brought you the most fulfilment this year?*

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*What's one way you can honour your energy and set stronger boundaries at work in 2025?*

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*What's one skill, project, or opportunity that excites you to explore in the year ahead? Plan your first step—whether it's signing up for a course, connecting with someone, or brainstorming ideas—and schedule it.*

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**TAKE A DEEP BREATH, REFLECT ON YOUR ANSWERS, AND TRUST THAT YOU'RE EXACTLY WHERE YOU NEED TO BE.**

**HERE'S TO A MEANINGFUL 2025!**

