

The Kaleidoscope JOURNAL

December 2025

A Gentle Guided Process for
Honoring Your Year, Learning
from Your Journey, and Releasing
What's Ready to Fall Away

WELCOME

December invites us into a soft exhale — a sacred pause between who we've been and who we're becoming. Before we step into a new year full of possibility, we owe it to ourselves to gather the wisdom of the year we're leaving behind.

This month isn't about self-judgment or "fixing" yourself.

It's about honoring your lived experience, celebrating your courage, acknowledging your struggles, and releasing the heaviness you no longer need to carry.

Let's take a look back at 2025--the magic, the mundane, the messy, and the miraculous. Because when you know where you've been, you can more easily choose where you'll go next.

This month, we'll walk together through a compassionate year-end review. You'll emerge clearer, lighter, and more grounded — ready for transformation in 2026.

I'm so excited to share this experience with you!

Anissa

HOW TO USE THIS JOURNAL

In this journal, you'll find instructions for creating a Year-End Review.

Because reflection works best in small, manageable pockets of time, I've divided the process into four phases--one for each week:

1. Week One: Gather Your Data
2. Week Two: Celebrate Your Wins
3. Week Three: Consider Your Struggles
4. Week Four: Letting Go + Lessons Learned

I suggest you schedule a few sessions each week to work from 10-25 minutes at a time. Don't worry about perfection. Trust that the most important insights will come to you.

Relax and take your time. You may revisit these pages again and again.

Anissa

WEEK ONE: GATHER YOUR DATA

This week, we're focusing on refreshing our memories about what happened last year. I invite you to set aside 10-25 minutes each day to look back through your photos, calendars, journals, emails, texts, and jot down what major events kept you busy this year. Include trips, projects you undertook/completed/put down, major life events, and any transitions or life changes you made.

JANUARY:

FEBRUARY:

MARCH:

APRIL:

WEEK ONE: GATHER YOUR DATA (CONT'D)

MAY:

JUNE:

JULY:

AUGUST:

WEEK ONE: GATHER YOUR DATA (CONT'D)

SEPTEMBER:

OCTOBER:

NOVEMBER:

DECEMBER:

WEEK TWO: CELEBRATE YOUR WINS

If you've worked with me one-on-one, you know that I start every session with wins. We all tend to downplay our accomplishments, and I am certain that you did amazing things this year, both big and small. Look over the monthly notes you jotted down last week, and reflect on the prompts below. Don't let the prompts overwhelm you--set a timer for 10-25 minutes, and see what you can do!

REFLECTIONS--MY WINS:

What were some of my biggest accomplishments?

What new skills or information did I acquire? (Consider books read, courses taken, hobbies practiced, etc.)

What small, quiet wins deserve celebration?

What were some wonderful memories?

What positive habits did I acquire?

REFLECTIONS--MY WINS (cont'd):

What negative habits did I drop?

How did I practice self-care?

How did I have fun?

What am I most grateful for?

What does my best self thank me for?

MORE ABOUT MY WINS:

WEEK 3: CONSIDER YOUR STRUGGLES

I know that your year wasn't all rosy. Look over the monthly notes you jotted down in Week One, and reflect on the prompts below. Remember--don't let the prompts overwhelm you--set a timer for 10-25 minutes, and see what you can do!

How did life challenge me this year?

Where do I feel like I failed or hovered close to failure?

What heartbreaks, struggles, or losses did I experience?

When did life not quite turn out the way that I hoped?

What did these struggles teach me?

REFLECTIONS--MY STRUGGLES (CONT'D)

When did I let myself or others down?

When did I procrastinate or give up too soon?

What commitments did I not follow through on?

How can I show myself compassion for my mistakes?

What do I want to repair, recommit to, or release?

MORE ABOUT MY STRUGGLES:

WEEK 4: LETTING GO

Now that you have a clear picture of your year--all the joyful moments, amazing things you did, and challenges you experienced--it's time to decide what we want to leave behind us as we move into the new year.

What am I ready to let go of?

What stories, roles, resentments, or guilty feelings don't belong in my next chapter?

What would it feel like to put these down?

What wisdom will I carry forward?

What have I learned about myself?

MORE ABOUT LETTING GO: