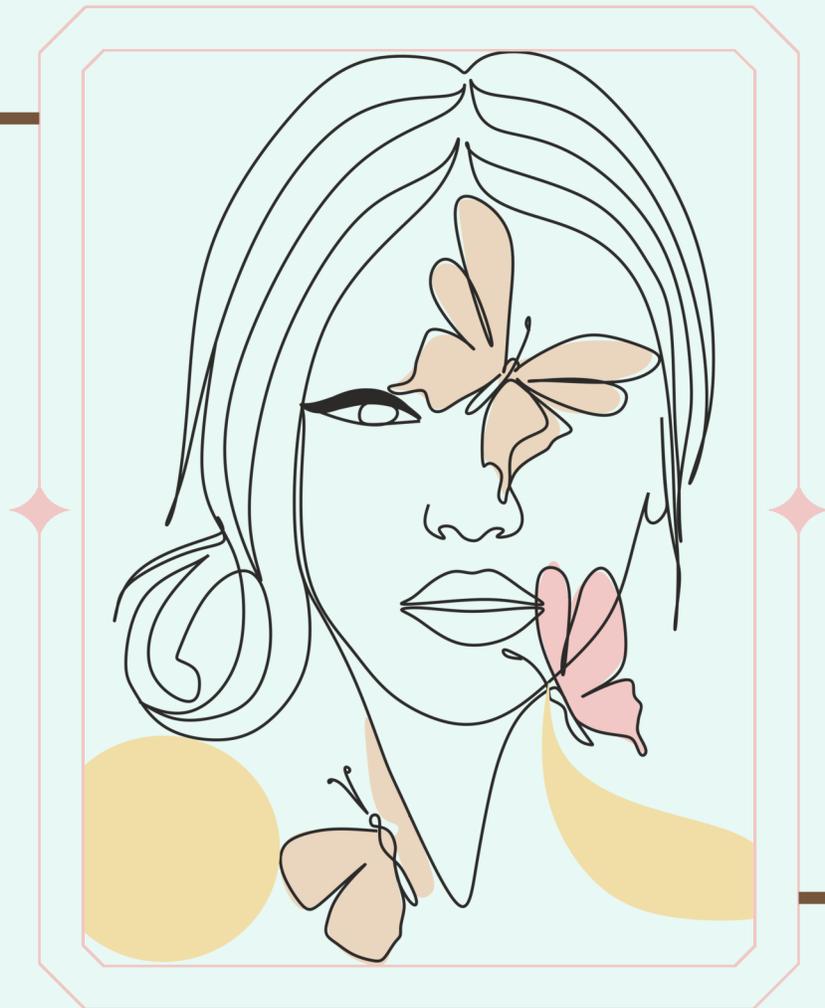


# REFLECT & RENEW:

*A Guided Year-End Self-Care Workbook*



A Glow After the Storm Journal  
Published by SweetBug Publishing

# Welcome & Intention

*Reflect. Release. Renew.*

*A soft introduction page with a calming note from you:*

*“This space is for you — to pause, breathe, and honor your journey. You’ve grown, learned, and loved through another year. Let’s release what no longer serves and open our hearts to what’s next.”*



*Affirmation: I give myself permission to rest, reflect, and renew.*

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# Gratitude Reflection

*Reconnect with moments that mattered most*

*What three things am I most grateful for this year?*

- 1.
- 2.
- 3.

*Which challenges helped me grow stronger?*

*What brought me peace and joy?*

*Who or what made my year brighter?*

*Doodles*

*"Gratitude turns endings into new beginnings."*

# Letting Go Ritual

*A gentle emotional release exercise*

*Write down the feelings, fears, or patterns you're ready to release. Then safely tear or burn the paper as a symbolic act of freedom.*

*"I am ready to let go of..."*



*"I trust the process of renewal."*

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# Emotional Wellness Check-In

*Self-awareness prompts to encourage reflection:*

*What emotion has guided me most this year?*

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*What does emotional balance mean to me?*

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*How can I care for my heart more deeply in the new year?*

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## *Mood Tracker*



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# Renew & Intend

*A guided vision page for the new year*

*My word for the new year is*

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*My top 3 intentions for the coming year*

1.

2.

3.

*What I want to feel more of*

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*"You are worthy of peace, joy, and soft new beginnings."*

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# Self-Care Rituals for Emotional Ease

*List easy, nurturing activities to carry into the new year*

- *Light a candle and journal each morning*
- *Practice mindful breathing for 5 minutes*
- *Take slow walks in nature*
- *Declutter your space gently*
- *Express gratitude before bed*

*“My Favorite Self-Care Practices”*



*“You are worthy of peace, joy, and soft new beginnings.”*

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# Self-Care Rituals for Emotional Ease

*List easy, nurturing activities to carry into the new year*

## VISION BOARD

*"My Dream Life"*

*dream*  
**BIG**

*"Intentions for Growth"*

**BELIEVE**  
*-in you-*

*"You are worthy of peace, joy, and soft new beginnings."*

REFLECT & RENEW 

# Self-Care Rituals for Emotional Ease

*List easy, nurturing activities to carry into the new year*

## VISION BOARD

*"Words that Inspire Me"*

*dream*  
**BIG**

*"Goals"*

*You're  
enough*

*"You are worthy of peace, joy, and soft new beginnings."*

REFLECT & RENEW 

# Call-to-Action

*Free Download: Reflect & Renew: A Guided Year-End Self-Care Workbook*

*Take your year-end reflection to the next level with this printable workbook — filled with calming prompts, self-care rituals, and space to set new intentions for the year ahead.*



*<https://glowafterthestorm.blog>*

*"You are worthy of peace, joy, and soft new beginnings."*

REFLECT & RENEW 