Taking Stock: Seeing Your Year with Clear Eyes

Honor your growth and step confidently into the new year

Encouragementology®
the practice of instilling hope

DAY 1: Noticing the Details

What small moments or choices from this past year mattered more than you realized at the time?

- Which moments brought you unexpected clarity or comfort?
- Where did you respond differently than you might have in the past?
- What tiny decisions had a bigger impact than you expected?

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DAY 2: Hidden Growth

Where did you experience quiet, internal growth that doesn't show up on a goals list?

- What emotional or mindset shifts did you make this year?
- Where did you show patience, courage, or restraint?
- What did you learn about yourself through challenge or transition?

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DAY 3: Your Impact on Others

In what ways did you contribute to others' lives through small acts of kindness or support?

- Who did you show up for this year, even in subtle ways?
- What compassionate choices did you make without expecting anything in return?
- How might your presence have made someone else's day — or year — better?

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DAY 4: Lessons That Shaped You

What experiences from this year — good or hard — taught you something meaningful?

- What did those moments reveal about your values or resilience?
- How did they shift your perspective or priorities?
- What clarity did they give you about what you want moving forward?

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DAY 5: Setting Intentional Direction

Based on everything you've uncovered, how do you want to show up in the new year?

- What qualities do you want to strengthen as you move forward?
- What do you want to release so you can create more space for what matters?
- What kind of energy or mindset do you want to bring into your next season?

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REFLECTION

Looking back on your five days of reflection, what stands out as the truest story of your year?

- What surprised you as you revisited these moments and insights?
- Where do you now see progress, impact, or growth you once overlooked?
- How will these discoveries shape the way you move into the year ahead?