

Whole-Self Annual Reflection

*A quiet, honest pause to look back
and move forward*



2025

Sri Vallabhaneni | Vibrant Clarity Coaching

How to use this reflection

This reflection is not meant to be rushed.
Choose a quiet moment if you can.
You do not need to complete every section.
There are no right answers.

This reflection is designed in the Whole-Self way — simple, honest, embodied, and spacious enough for your own truth to emerge.

- Your inner life and outer life belong together
- Emotions are not positive or negative - they are information
- Growth happens in seasons, cycles, not straight lines
- Goals require care and support, not just effort

Move slowly enough that you can feel yourself as you write.
This document is intentionally spacious.
Many people find it helpful to print it and write by hand.

The Areas of My Life

Choose the areas of your life you want to reflect on deeply

You do not need to reflect on everything.
Choose the areas that matter most to you right now.
You may choose from this list or name your own.

- Health & Body
- Emotional Well-Being
- Family & Close Relationships
- Work / Study / Contribution
- Finances
- Creativity & Expression
- Learning & Growth
- Communication & Confidence
- Home & Daily Life
- Leadership / Responsibility
- Meaning & Values
- Rest, Play & Adventure

AREA:

Where I was one year ago
(write freely)

Where I am now

Emotions present in this area
(consider emotions as signals, not problems)
What emotions show up here most?

What might they be trying to protect or point toward?

.

If this area were a season, what season is it?
(Winter / Spring / Summer / Autumn)

What does this season need from me?

If I play big in this area, what does that look like?
Be honest and kind.
Playing big might mean visibility, steadiness, or consistency

What does this need?
Circle, add, or write freely.

- Time
- Energy
- Rest
- Skills or practice
- Support or connection
- Resources or tools
- Structure or routine
- Presence
- Courage

What is already in place?

What is missing (without making it a personal failing)?

How will I access what I need to play big here :

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Consolidation Across Areas

Patterns I notice:

Strengths or qualities that appeared:

Needs that showed up in multiple areas:

Weekly rhythms that support me:

Completing 2025

Before turning toward what comes next, pause with the year that is ending.

This is not an evaluation.
It is an invitation to let the year be seen, felt, and completed.

You do not need to answer every question.
Choose what feels alive.
Write in sentences, fragments, or not at all.

What I Am Proud Of This Year

My Strengths This Year

What Supported Me

Who Supported Me

Learning and Skills That Grew in Me

Insecurities I Met or Worked With

What I Overcame

How I Grew

What Needs Grace and Wisdom From Me?

What Could I Use Help With?

Your Relational Truth

What helped me communicate more vulnerably or honestly in
my relationships this year?

What made it feel safer to speak, listen, soften, or stay present?

What new experiences did I lean into?

Meaningful or joyful moments i want to
remember

Gratitude

What am I genuinely grateful for from this year?

This might include people, experiences, inner shifts, or simply having made it through.

5. Forgiveness, compassion, and release

What still needs forgiveness, compassion, or letting go - toward
myself or others?

Naming is enough.

And if I am not ready to forgive, that is okay too.

I can make space for myself around this.

I can even forgive myself for not being ready.

What is ready to be released?

6. **Saying goodbye to the year**

What goodbye needs to be spoken - to a pattern, a story, a version of myself, people, or a chapter of the year?

A quiet closing
Take a breath.
You don't need to carry everything forward.
Some things can rest here.
When you're ready, turn the page.

Words to take into the new year

Three values and three strengths that carried you in
2025

Turning Toward 2026



Whole-Self Annual Reflection Method™ — by Sri Vallabhaneni

2026

What I want to build or move toward this year.

Personal life, Family, Relationships

Career/Studies

Physical health, fitness

Emotional and Mental Wellbeing

2026

What I want to build or move toward this year.

Habits that define you

Friends,Community

Fun and Recreation

Creativity, Self-knowledge, Inner self,

2026

Resources I already have

What I need, how will I get it

Routines, structures, resource
building, etc

2026

Actions And Commitments

2026

I will honor myself this year by

people I can lean toward when I need steadiness or support.

Two boundaries that protect my energy and integrity.

2026

Resonance

What I Carry Into 2026

What impact do I want my presence, work, or way of being to have in the world this year?

2026

One word for what I want to embody this year

Closing

Thank you for meeting yourself with tenderness and truth..

May the coming year meet you with courage, clarity, and joy.

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If you'd like to receive Whole-Self reflections and gentle practices through the year, you can subscribe here:

<https://forms.gle/kuNBt9Um1uCEUgXQ6>