



A YEAR FOR MAGIC

2025

HOW TO USE THIS REFLECTION & INTENTION JOURNAL

Hello, I'm so glad you are here! Whether this is your first time working with an annual reflection and intention journal or you have done this many times before, it is a wonderful way to take stock of the previous year and plan for the incoming one.

Creating the time and space in your life to reflect, evaluate, dream, and plan is incredibly powerful. What you imagine and give your energy to is what will manifest in your life.

There is no “right” way to do this, but here are a few tips to make this exercise more enjoyable and meaningful for you. Allow yourself dedicated time alone to complete this, either in chunks over the course of several days or all in one block. Some tools you may want with you are your favorite pen, colored markers, pictures from the year, your journal, and a deck of oracle cards. Don't forget a relaxing playlist and some coffee or tea! Have fun with it! I hope you love this activity and it supports you on your journey for wellness and meaning.

Big Hugs,

Priya 

The image features a decorative border of purple leaves and flowers. The leaves are various shapes and sizes, some with small clusters of buds. The flowers are large, multi-petaled, and have a purple-to-pink gradient. The background is a soft, blurred landscape with a path leading into the distance under a bright sky.

Honoring 2024



REFLECTION

Name the 3 best moments of 2024.

Name the 3 biggest challenges you faced.

What was your favorite day? Why?

What healing did you experience this year?



When did you show yourself compassion?

What most humbled you?

What most surprised you?



What situations stressed you out the most?

When did you feel the most relaxed?

What lessons keep coming up? Why?



What did you give your energy to in 2024? Do you want to give your energy to the same things in 2025?

What shifted for you physically in 2024?

What shifted emotionally?

What shifted spiritually?



What are you most proud of yourself for in 2024?

Who were your closest allies? How did they support you?

What activities most depleted your energy reserves?

What practices restored your energy?



What is your biggest take away from 2024?

What are you ready to release going into 2025?

What is a “hell yes!” for you in going into 2025?



GRATITUDE REFLECTION

What were the gifts of 2024? Take a moment to express your gratitude for anything and everything that was a gift.



2025

The Next Adventure



Instead of focusing on what you want to *do*, for a moment, ask yourself how do you want to *feel* in 2025?

What do you want to welcome into your life?

What boundaries are important to implement or maintain (towards what or who)?



Who and what deserves your attention in 2025?

What goals are worthy of your time?

What do you want to say no to?

What relationships will you nourish?



How can you care for yourself physically?

Emotionally?

Spiritually?

What do you want to learn more about this year?



In what areas of life would it benefit you to practice discipline or self mastery?

What needs to heal?

How do you want to relax?



What does your heart most desire? What do you want your days to be like? Imagine it in great detail and be as specific as possible.



Describe your top 3 goals around health.

1. _____
2. _____
3. _____

Describe your top 3 goals for your family.

1. _____
2. _____
3. _____

Describe your top 3 goals for your career.

1. _____
2. _____
3. _____

Describe your top 3 financial goals.

1. _____
2. _____
3. _____

Describe your top 3 goals for your social life and friends.

1. _____
2. _____
3. _____



Describe your top 3 travel goals.

1. _____
2. _____
3. _____

What are your goals surrounding creative pursuits?

1. _____
2. _____
3. _____

What hobbies do you want to engage in?

1. _____
2. _____
3. _____

How will you engage with leisure and relaxation this year?

1. _____
2. _____
3. _____



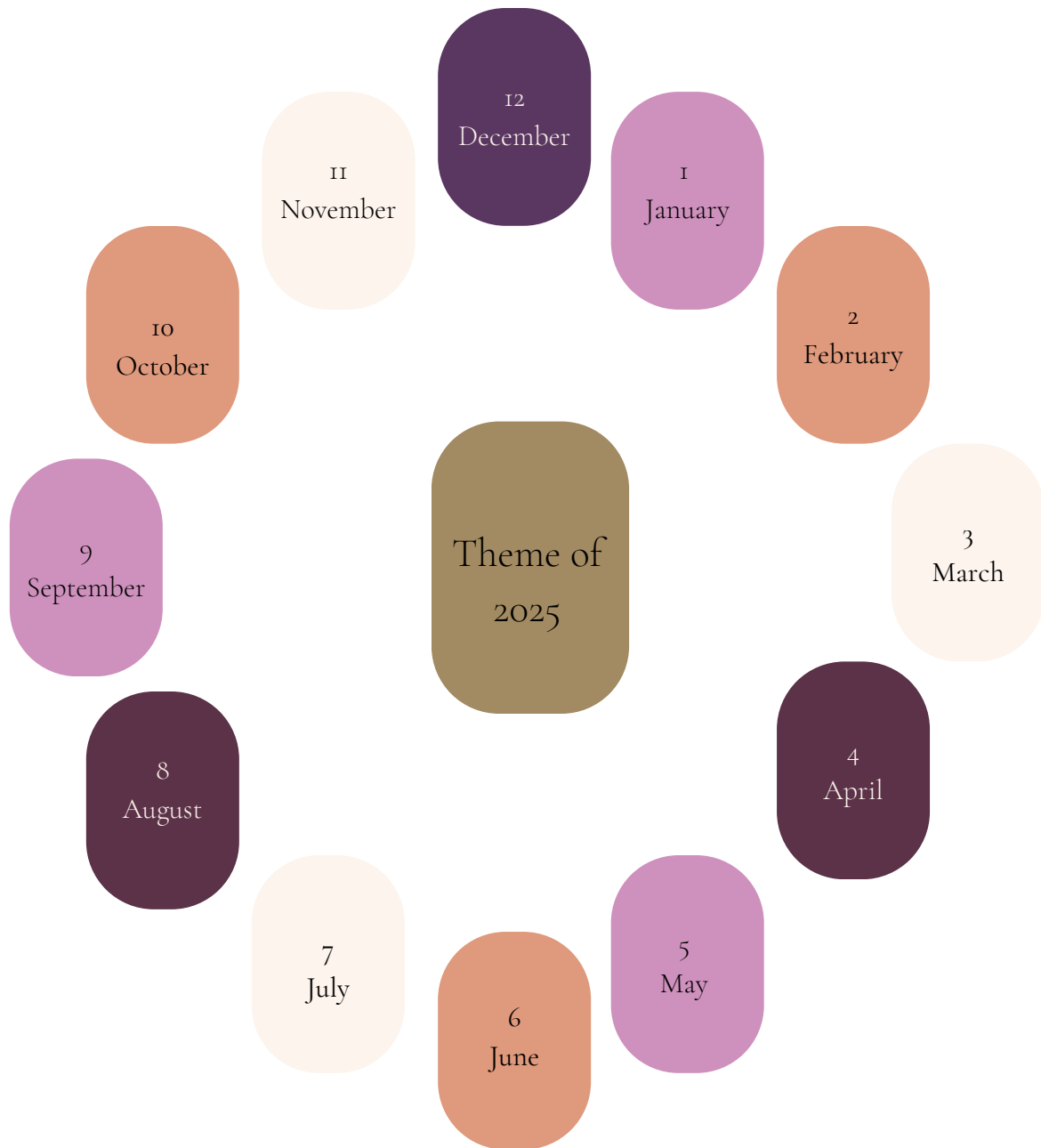
What people, tools, and other resources do you already have to support you in achieving your goals?

How can you be creative to get resources that you don't have currently?



Your Intention Is
Magic

12 MONTH ORACLE SPREAD



Set up your meditation space, take some deep breaths and center yourself. Shuffle the cards and pull one by one or layout in a big circle and pull cards that call to you. Write down the cards for each month and their meanings for your reference.



THIS YEAR I INTEND

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____

I intend _____



BELIEVE IN YOUR
DREAMS...

THE UNIVERSE IS
LISTENING.