



End of Year Reflection

A GENTLE GUIDE TO
FINISHING THE YEAR
STRONG

HEALTHY MIND PSYCHOLOGY UK

Welcome

I'm Dr Amber Johnston!

In addition to being the founder and director of Healthy Mind Psychology, I am an accomplished Clinical Psychologist, Neuropsychologist and Pain Psychologist with trauma specialty.



I am passionate about enhancing widely accepted knowledge to better understand components of psychology not often talked about and to break the stigma around individuals who seek guidance to support their mental well-being.

Reflecting on the year that we've just had can be a meaningful practice for cultivating self-awareness and facilitating personal growth. Inside this gentle guide to finishing your year strong, you'll find information about the benefits of reflection as well as prompts to help look back on your year, and set intentions for the next one.

Amber



— The Value of Reflection

Reflection can serve as a foundational tool for personal growth, self-awareness, and healing. Taking a few moments to reflect (during a quiet pause in our day, before bedtime or at the end of a significant journey) can be hugely valuable for a number of reasons.

The Benefits of Reflection

1. **Facilitates Self-Awareness** - Reflection allows us to recognise our emotions, thoughts and behaviours, fostering deeper self-understanding. It can also uncover recurring themes or cycles (such as maladaptive habits) which might be unhelpful.
2. **Encourages Insight** - Reflection can help us to draw connections between past events and our current feelings and behaviours, as well as assessing the impact of those choices.
3. **Supports Emotional Regulation** - Reflecting whilst in a safe space can allow us to process difficult emotions, and to better understand our triggers.
4. **Strengthens Problem Solving** - By reflecting on what has worked (and what hasn't worked!) in the past, we benefit from enhanced decision-making through healthier, more adaptive choices.
5. **Builds a Growth Mindset** - Reflection can motivate and inspire us to pursue change and focus our goals for the future.
6. **Promotes Meaning-Making** - Reflection can support the creation of our own coherent personal story and self-identity, as well as encouraging emotional healing.
7. **Aids in Mindfulness** - Reflective practices can help to ground us in the present and prioritise what really matters, enhancing emotional well-being.

Finishing the Year Strong

Why choose the end of the year to reflect? Setting aside time specifically to engage in end-of-year reflection can be a powerful practice, as it aligns with natural transitions and allows for focused introspection as we take a moment to pause, appreciate and reset. The timing is perfect for:

- **Marking the end of a chapter** - The end of the year can serve as a symbolic closure, allowing us to review any events, challenges, and achievements.
- **Celebrating Accomplishments** - Reflection allows us to recognize and celebrate progress and successes, boosting our self-esteem and providing motivation for the year ahead.
- **Setting Intentions for the New Year** - Reflecting on what has and hasn't worked provides us with clarity about areas for change. This insight can shape meaningful and realistic goals for the future.
- **Creating Alignment** - By evaluating whether actions and experiences aligned with our personal values and priorities, we can make adjustments to live more intentionally in the coming year.

How to Use This Guide

Use the questions, guided prompts, and note-taking space on the next few pages to reflect on the year you've just had and set intentions for the year ahead of you.

Go At Your Own Pace - You don't need to complete this reflection in one sitting, although it can be useful to carve out a quiet time and space to think. Take breaks where you need to, and remember that you can always return to add to or change what you've written.

Don't Force It - This isn't a test! It's important that whatever you reflect on and record here is useful to you personally, so adapt the materials in whichever way suits you. Aim to sit calmly with your thoughts and allow anything meaningful or significant to come up naturally.

Be Gentle With Yourself - Try not to judge yourself too harshly, regardless of how the last year has been for you. The wins you pull out don't need to be anything groundbreaking or earth shattering - small moments of gratitude and happy memories are equally as important as 'big' successes. Be realistic with the goals you set yourself for the future, and remember that small steps and flexibility are the key to long-lasting change.

Notice Your Feelings

Thinking back on those significant events from the past twelve months, consider how you feel about them now. This might be different to how you felt about those experiences at the time, and that's okay. What thoughts, emotions, or feelings crop up for you when you look back?

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Setting Intentions

Where would you like to be next year? You could frame this as a feeling (e.g. I would like to feel calm and connected to the present), a general goal (e.g. I would like to have started my career change journey), or a change that you'd like to make (e.g. I would like to stop using my phone in the evenings).

What's ONE THING you could start RIGHT NOW? Reflecting on what you've achieved in the last year and what you're hoping to move towards next year, consider one step that you could take today on that journey. This doesn't have to be anything big (in fact, it's best if it's something small and completely achievable that you can grow and build upon over time).



— Be Kind to Yourself

Reflection is not always easy, particularly if your year has been especially challenging or painful. Be kind to yourself, and remember that this journey of reflection is uniquely yours.

For further help and support, as well as access to additional resources and therapy, visit [Healthy Mind Psychology](#).



Let reflection
guide your
growth

www.healthymindpsychology.co.uk