

KELSEY WESLEY

Coaching|Consulting|Training

*Kickstart
Your 2025*

**SAY GOODBYE TO 2024
AND HELLO TO THE NEW
YEAR!**

Welcome!

TO YOUR 2024 REFLECTION & 2025 KICKSTARTER WORKBOOK!



This workbook is designed to help you reflect deeply on your journey through 2024 and set the foundation for an intentional, purpose-driven 2025. It's an invitation to pause, celebrate your growth, acknowledge the lessons, and uncover insights that will shape the year ahead.

2024 Reflection - Looking Back

In the first section, you will look back on the moments that defined your year, the wins and challenges, and the growth you've experienced along the way. I encourage you to approach your personal review from a place of non-judgment and self-compassion, allowing yourself to see each experience as a valuable part of your growth. Reflecting with kindness toward yourself can help you appreciate not only your accomplishments but also the challenges, learning moments, and even the detours you encountered along the way.

This reflection isn't about perfection; it's about progress. It's about acknowledging the strength it took to keep moving forward, celebrating the courage it took to face your fears, and recognizing the resilience you built in the face of adversity. By letting go of judgment, you give yourself the freedom to see clearly—to understand what worked, what didn't, and what can guide you toward the future you desire.

As you journey through this reflection, remember to focus on the ways you've shown up for yourself, how you've grown, and the many ways you've persevered. Whether it was through small, steady steps or bold leaps, each moment has shaped who you are today. 2024 was a year of learning, growth, and transformation, and every part of the journey is valuable as you step into 2025.

2024 Reflection

WHAT IS MY WORD FOR 2024?



WHAT SUPRISED ME THE MOST ABOUT THIS YEAR?

HOW DID THIS YEAR CHANGE ME?

2024 Reflection

WHAT ACHIEVEMENTS OR EXPERIENCES MADE ME PROUD IN 2024?

1.

2.

3.

4.

5.

6.

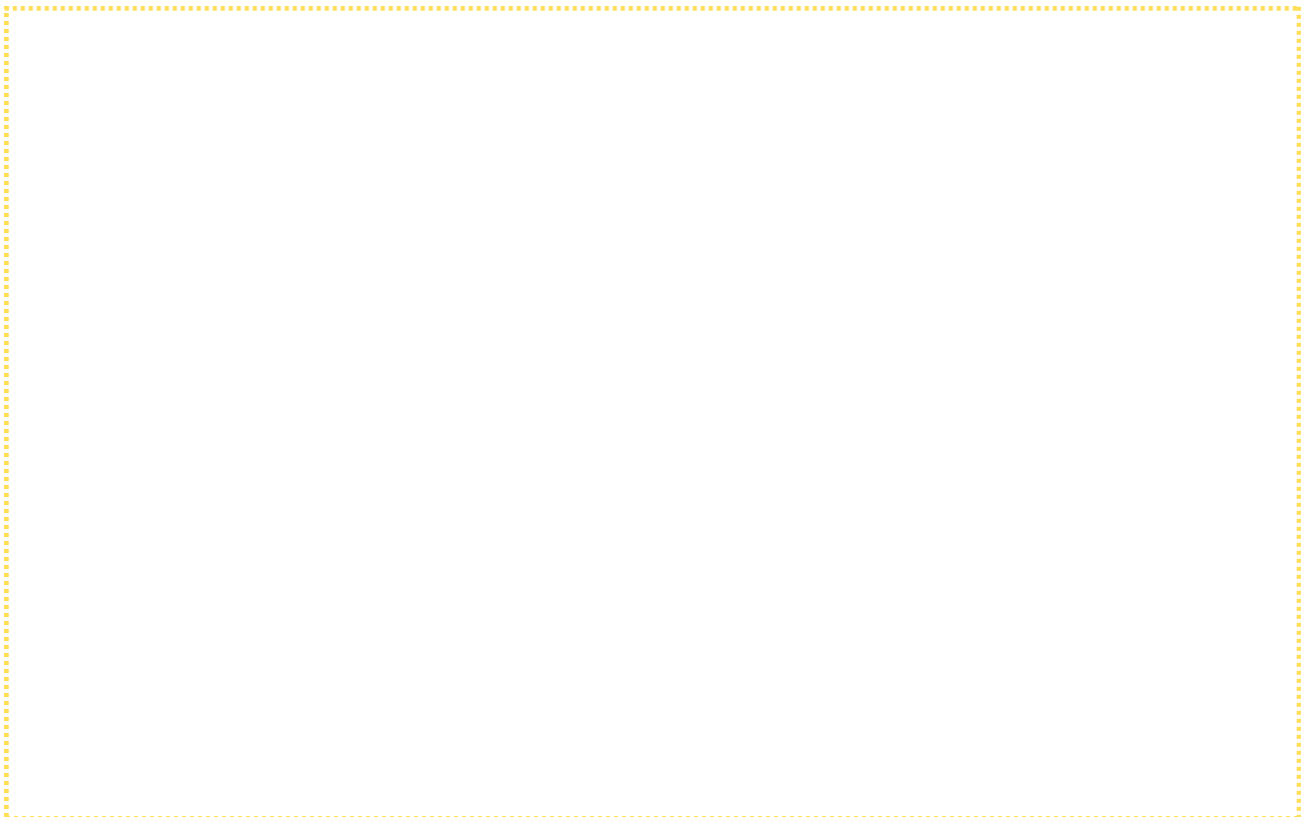
7.

8.

9.

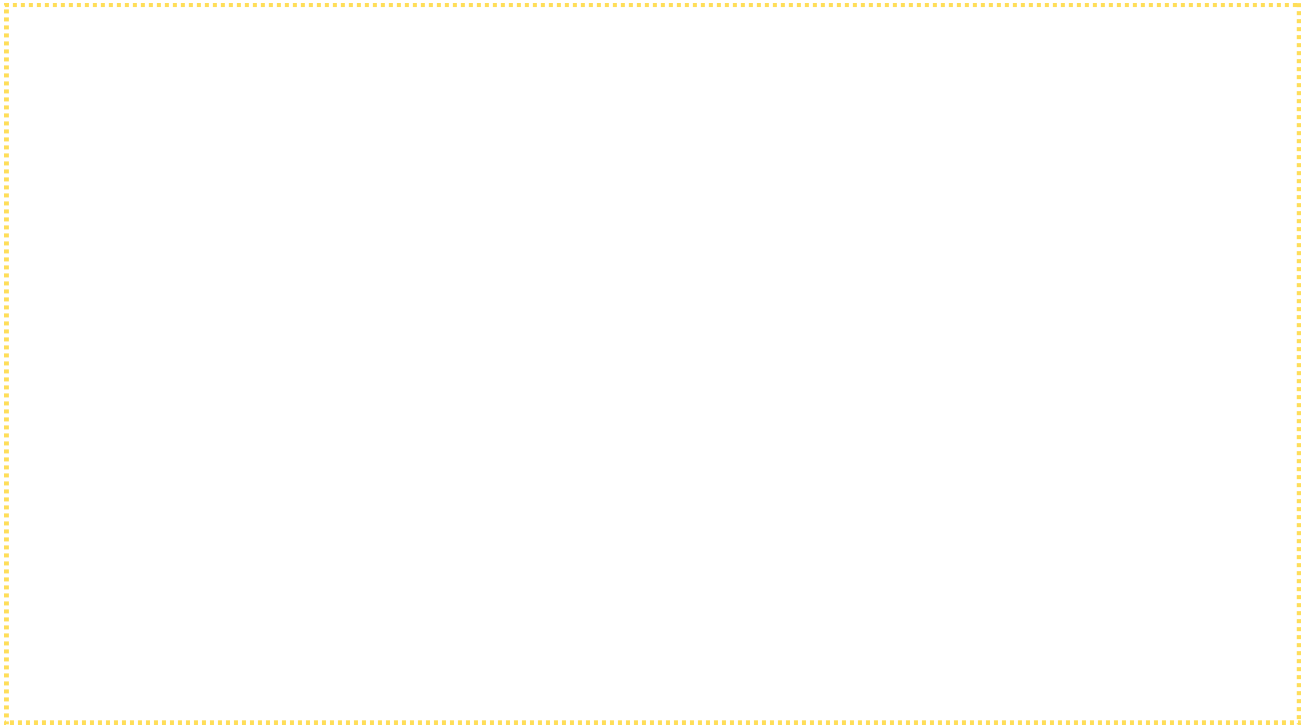
10.

WHAT DID I LEARN ABOUT MYSELF OR ABOUT LIFE AS A RESULT OF THOSE ACHIEVEMENTS?

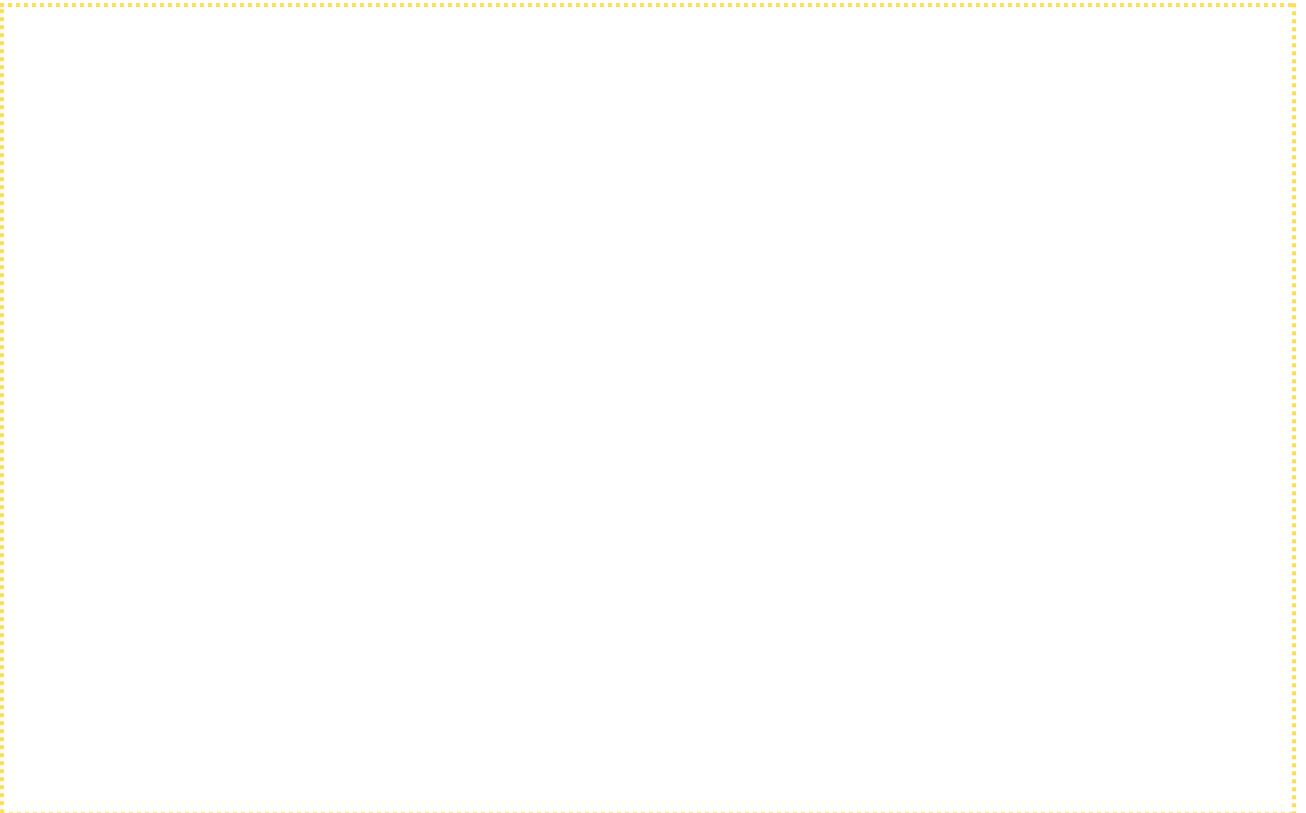


2024 Reflection

WHAT ARE THE NEW SKILLS/HABITS I'M GLAD I ADOPTED IN 2024?



HOW DO I PLAN TO BRING THESE NEW SKILLS/HABITS WITH ME INTO 2025?



2024 Reflection

WHAT SITUATIONS OR CHALLENGES TAUGHT ME THE MOST ABOUT MYSELF?

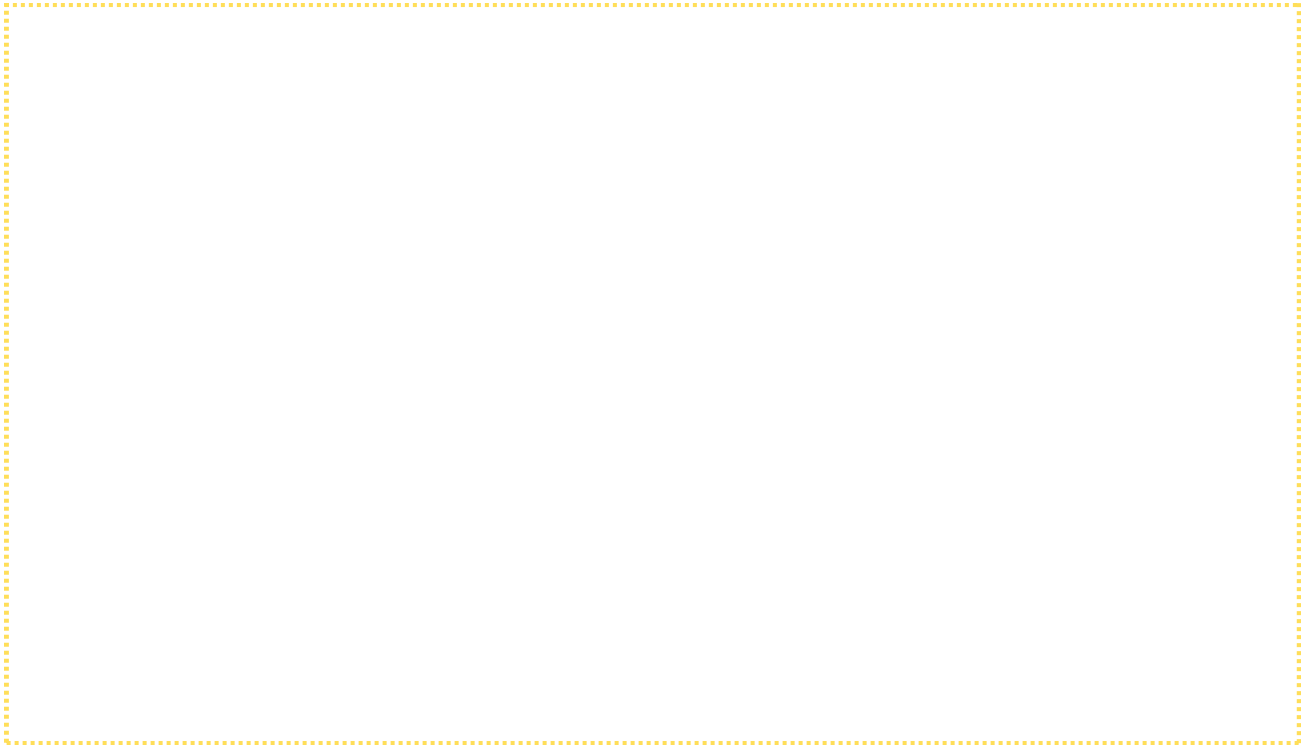
WHAT WAS THE CHALLENGE

WHAT DID I LEARN FROM THIS EXPERIENCE?

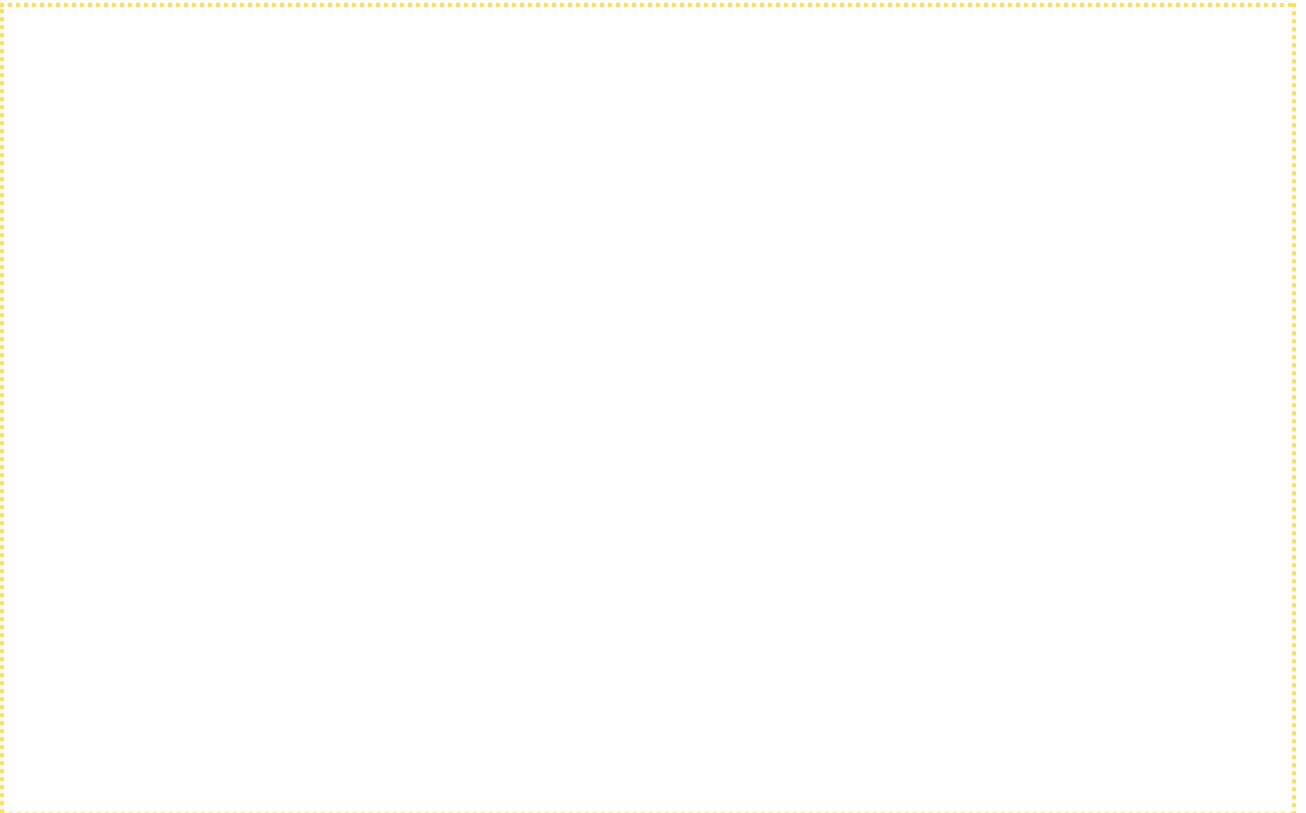
HOW WILL I USE THESE LEARNINGS NEXT YEAR?

2024 Reflection

IN WHAT WAYS HAVE I GROWN EMOTIONALLY, MENTALLY, OR SPIRITUALLY THIS YEAR?



WHERE DO I FEEL THERE'S STILL ROOM TO GROW?



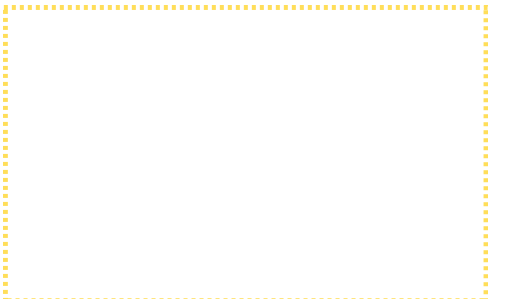
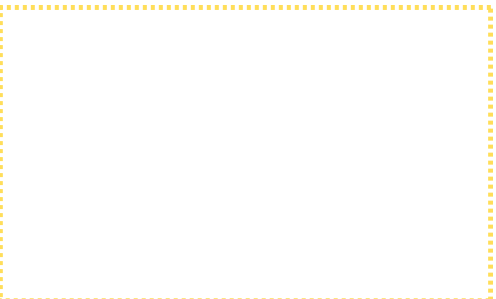
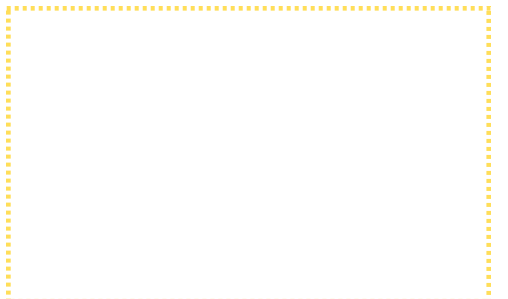
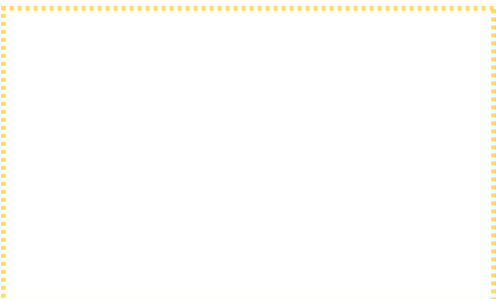
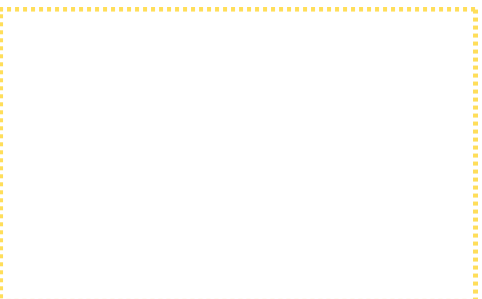
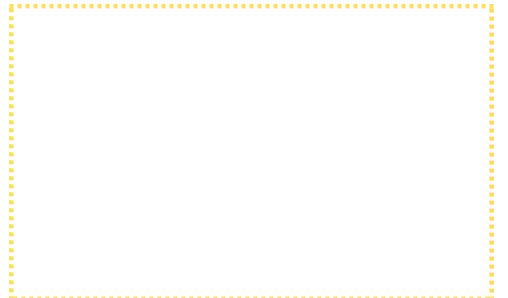
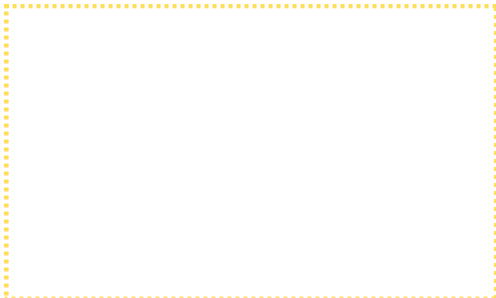

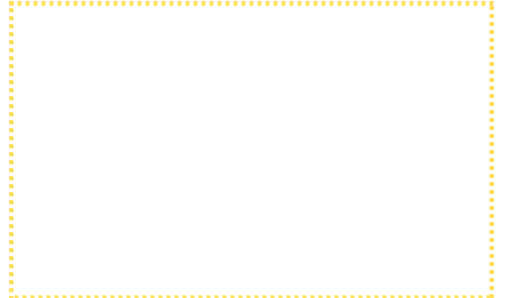
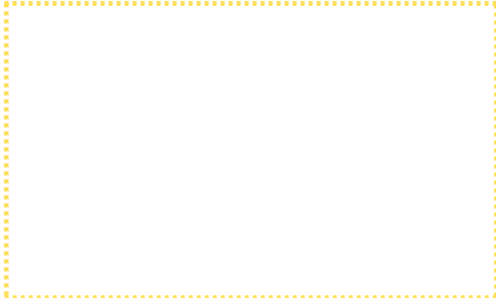
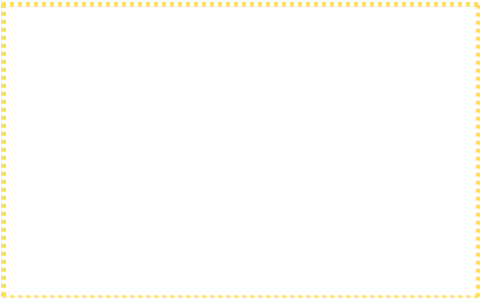
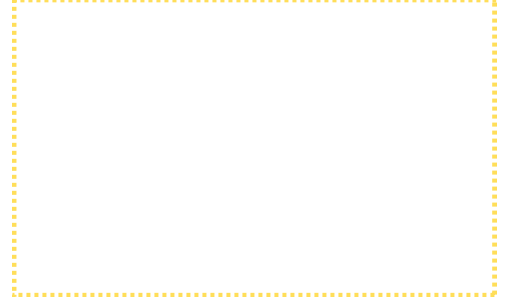
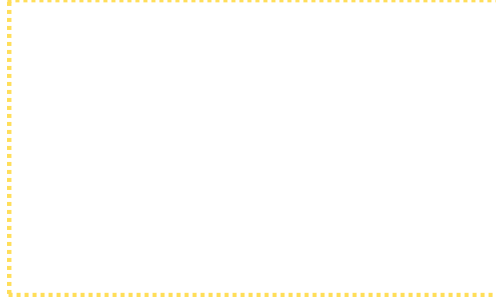
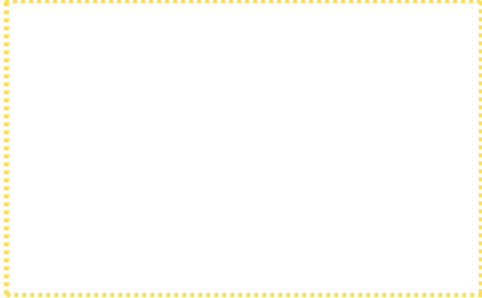
2024 Reflection

WHO HAS HELPED ME THROUGH THIS YEAR? HOW CAN I SHOW THEM GRATITUDE?

WHO HAS HELPED ME?

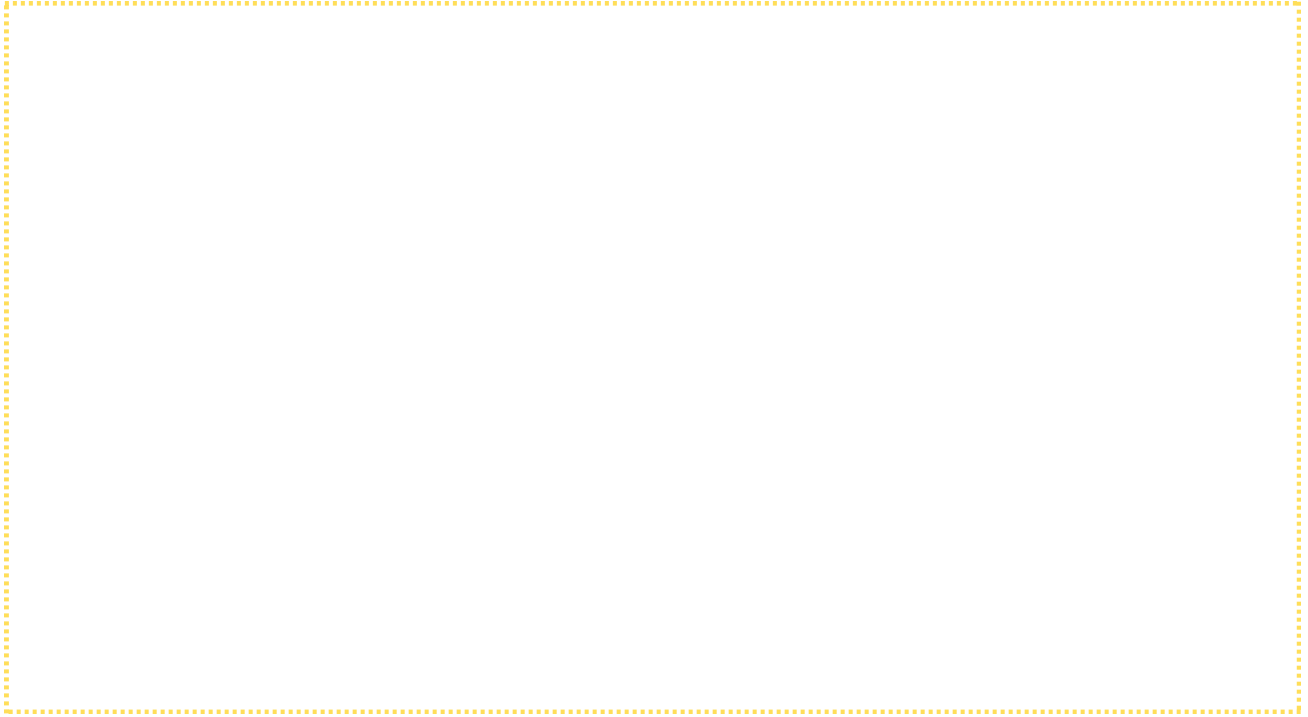
HOW DID THEY HELP ME?

WHAT WILL I DO TO THANK THEM?

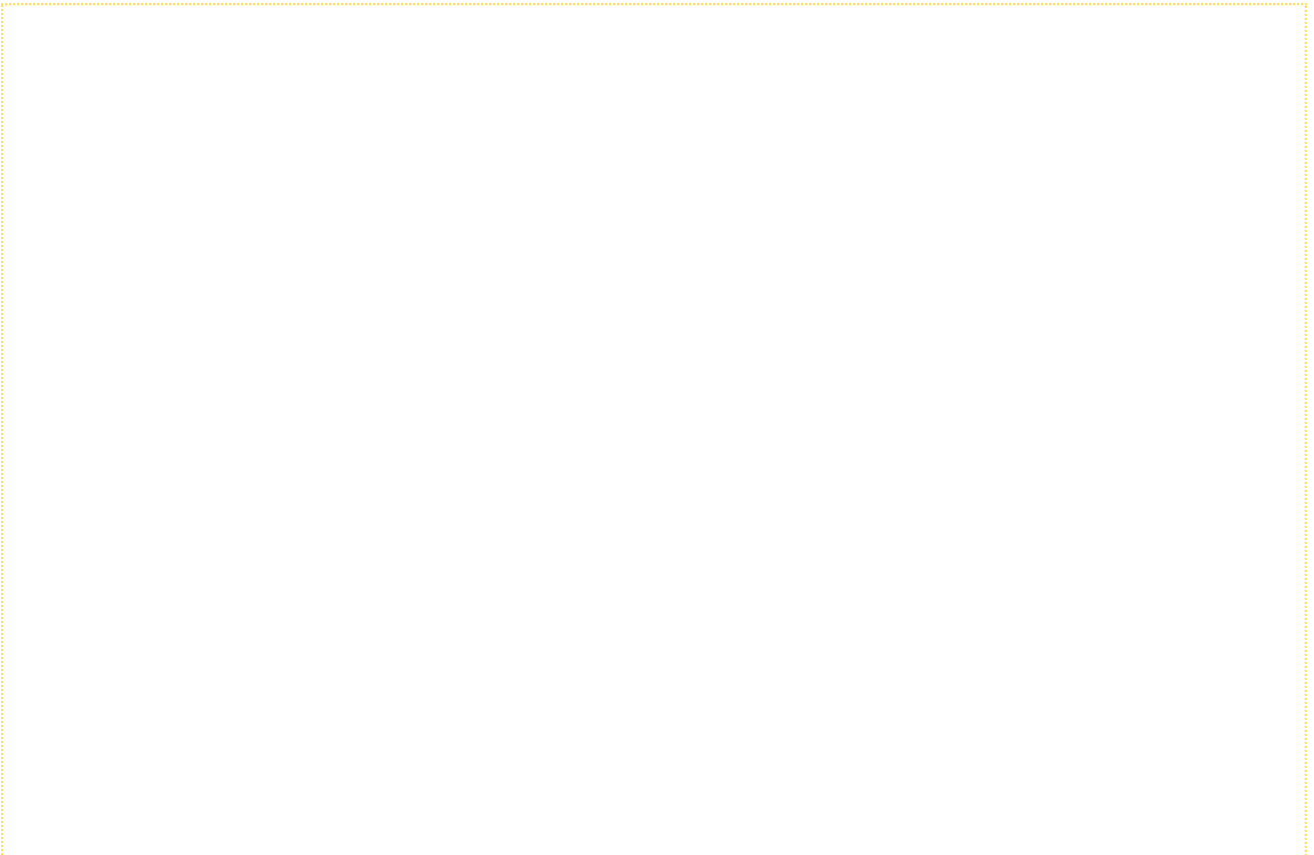


2024 Reflection

WHAT ADVICE WOULD I GIVE MY JANUARY 2024 SELF, KNOWING WHAT I KNOW NOW?



GIVEN ALL THAT HAS HAPPENED THIS YEAR, HOW AM I LEAVING 2024 AND ENTERING INTO 2025?



2024 Reflection

IF I AM LOOKING AT MY LIFE HOLISTICALLY, AM I LIVING THE LIFE I WANT TO LIVE?

If yes, what am I doing right? if no, what needs to change?

A large, empty rectangular box with a dashed yellow border, intended for writing a reflection. The box is positioned below the text and occupies most of the page's vertical space.

My Goodbye Letter to 2024

DEAR 2024,

Ruled lines for writing a letter.

Your Next
Adventure
Awaits!



LET'S KICKSTART 2025!!

Now that you've reflected on 2024, it's time to look ahead and shape a powerful vision for the year to come.

This 2025 Vision section is designed to help you define your path forward with purpose, clarity, and excitement. This part of the workbook guides you through identifying your goals and creating a meaningful blueprint for the year—one that aligns with your values, dreams, and the person you want to become.

As you complete this section, you'll have a detailed vision for 2025—a plan rooted in your values, designed with intention, and broken down into actionable steps that keep you moving forward. With this guide, you're ready to enter the year with confidence and clarity, knowing exactly where you're headed and how you'll get there.

Intention & Action

Your journey toward a fulfilling year begins with a clear sense of intention. Instead of setting generic resolutions, I encourage you to connect deeply with your "why." What drives you? What brings you joy? What do you want to feel more of in 2025? By getting specific about the impact and experiences you want in your life, you'll create a roadmap that reflects who you are and what truly matters to you.

It is important to turn those goals you set into clear, meaningful commitments with real action steps aligned with them. Goals become more meaningful when they're tied to a commitment you make to yourself, and while setting goals is powerful, the magic is in the steps that bring those goals to life. focus on breaking down your goals into small, actionable steps. Think of these steps as the building blocks that bring your vision into reality, one action at a time.

2025 Vision

WHAT AREAS OF MY LIFE DO I WANT TO PRIORITIZE NEXT YEAR? (E.G., CAREER, RELATIONSHIPS, HEALTH, FINANCES, PERSONAL GROWTH)

HOW DO I WANT THEM TO BE DIFFERENT THAN LAST YEAR? WHAT SKILLS DO I WANT TO BUILD UPON THIS YEAR?

2025 Vision

WHAT ARE MY TOP 5 GOALS THAT WILL GET ME TO MY VISION FOR THE END OF 2025

WHAT IS THE GOAL?

WHY & HOW WILL THIS BRING MORE PURPOSE IN MY LIFE?

WHAT ARE THE FIRST STEPS I NEED TO TAKE TOWARDS THIS?

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

--	--	--

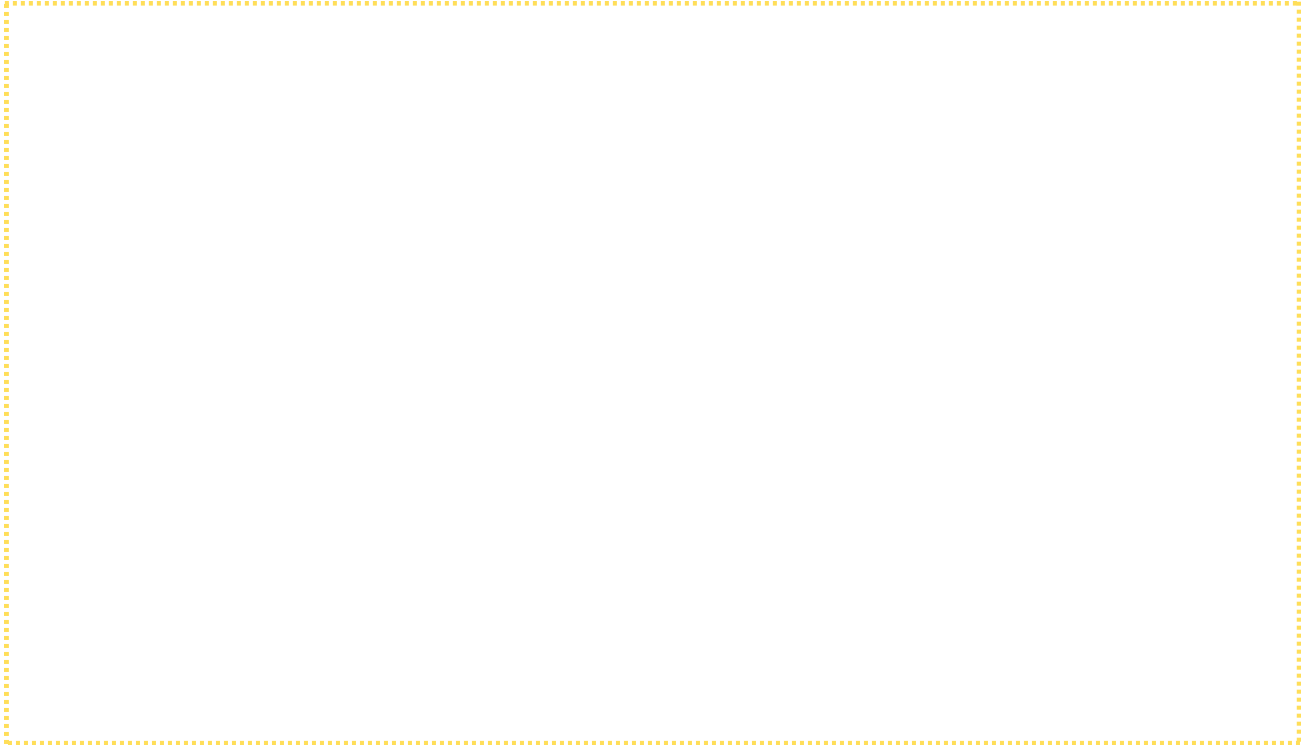
--	--	--

--	--	--

--	--	--

2025 Vision

WHAT VALUES DO I WANT TO GUIDE ME THROUGH THIS YEAR?

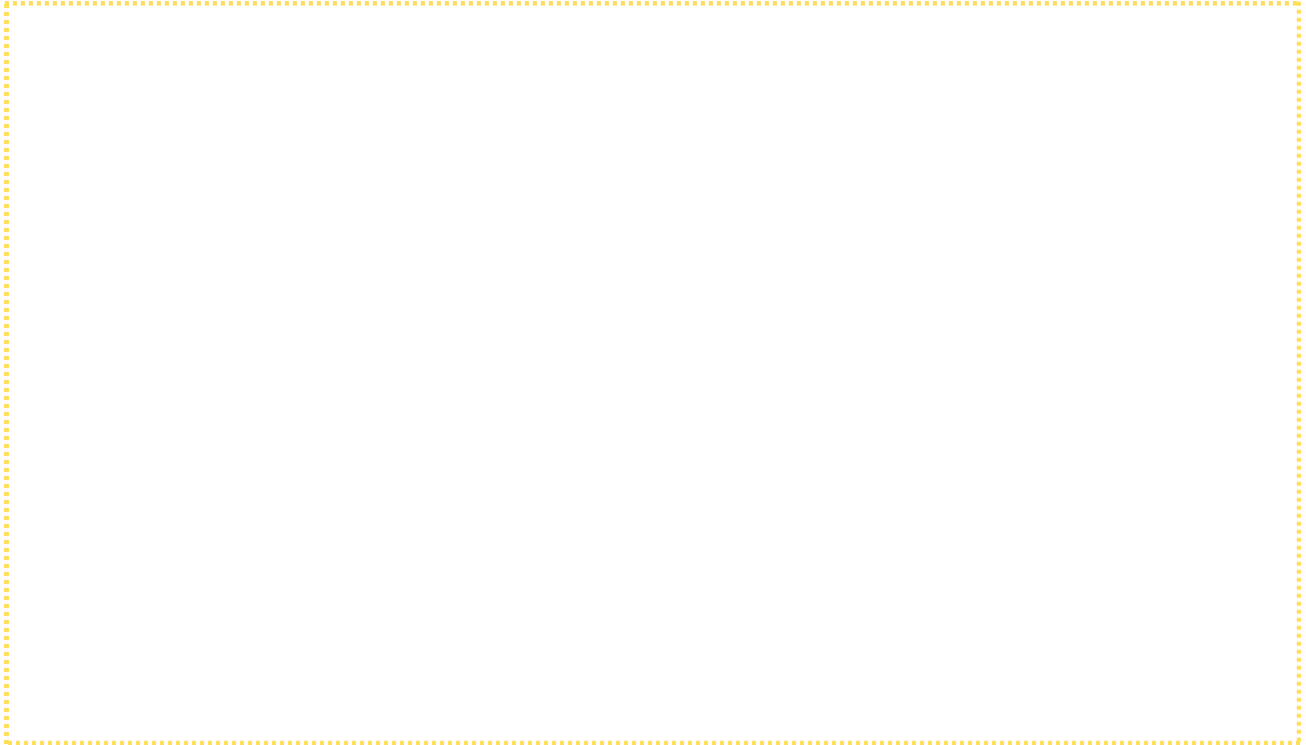


HOW ARE MY GOALS ABOVE AND BEYOND ALIGNED TO THESE VALUES?

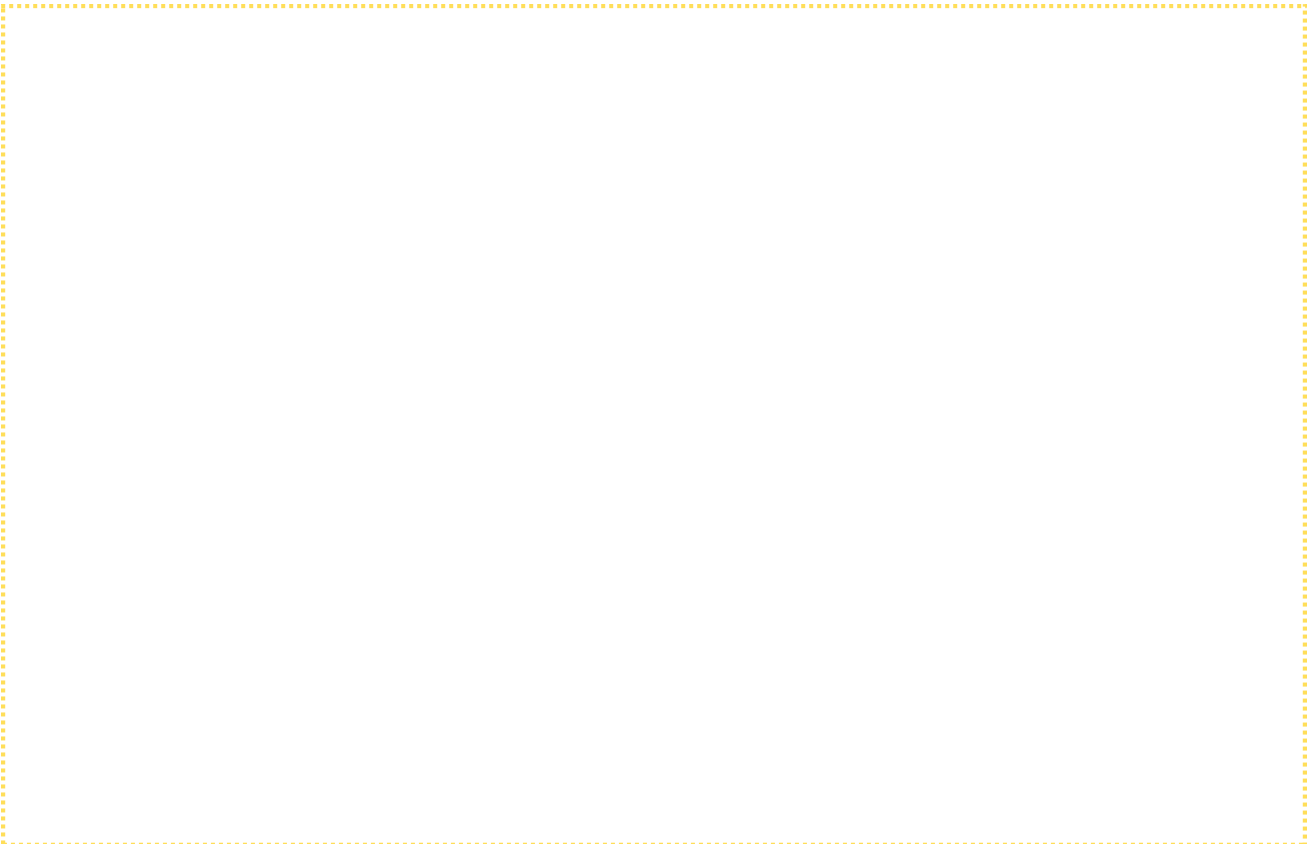


2025 Vision

WHAT POTENTIAL OBSTACLES COULD ARISE? WHAT STRATEGIES CAN I USE TO STAY ON TRACK?

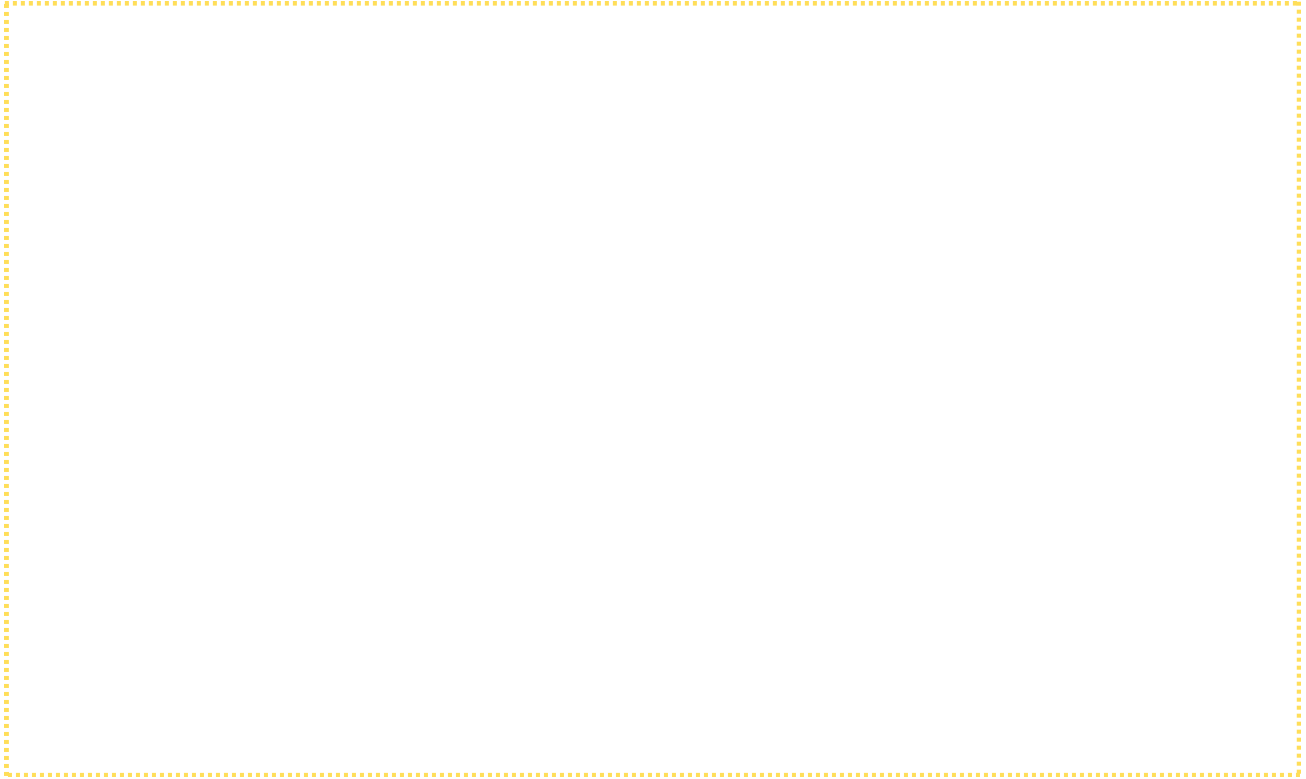


WHO CAN HELP HOLD ME ACCOUNTABLE TO MY GOALS? WHAT RESOURCES DO I NEED?

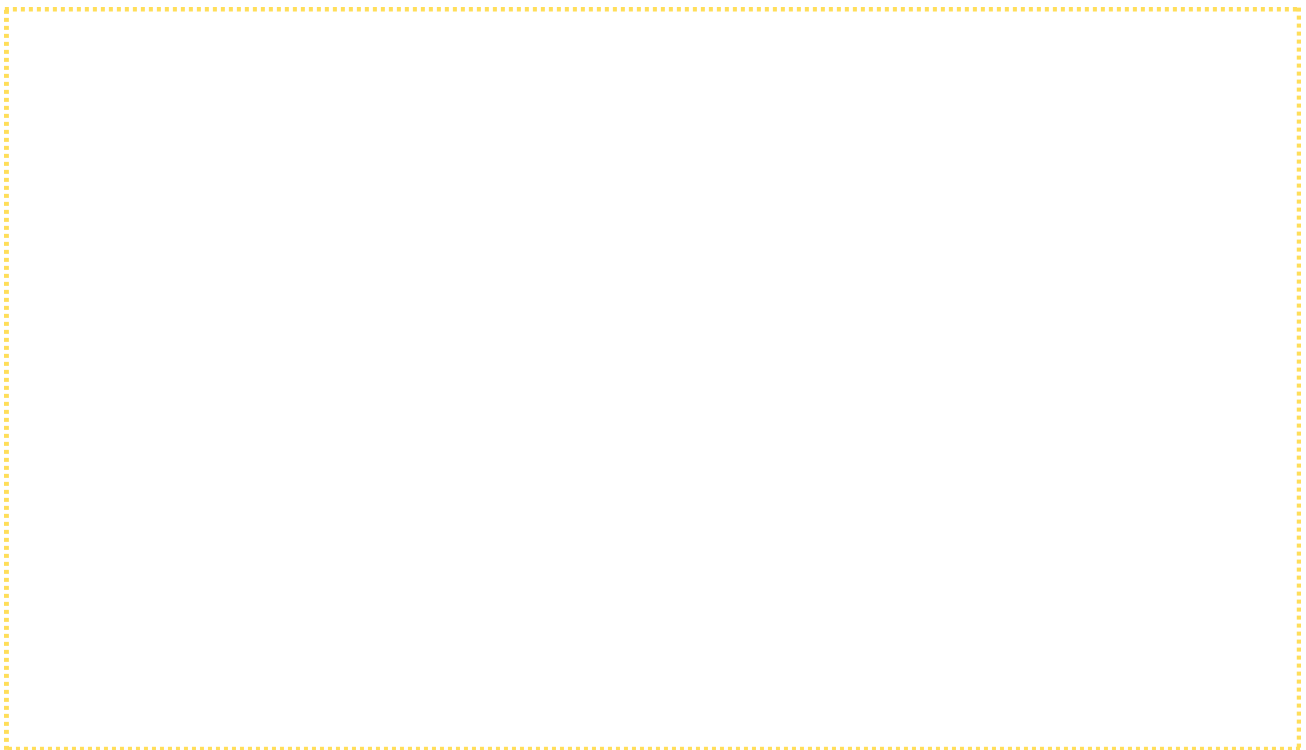


2025 Vision

HOW WILL I CELEBRATE MY SMALL AND BIG WINS ALONG THE WAY?



WHAT AFFIRMATIONS OR MANTRAS WILL I USE TO STAY INSPIRED AND RESILIENT?



2025 Action Plan

WHAT ARE THE FIRST SMALL STEPS I AM COMMITTING TO TAKE TOWARDS MY GOALS?

	STARTED	COMPLETED
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>

Congratulations

ON COMPLETING YOUR 2024 REFLECTION & 2025 KICKSTARTER!

You've taken an incredible step by investing time and energy into understanding your past year and creating a vision for the year ahead. Reflecting on your growth, celebrating your wins, and setting your goals with intention—all of these are powerful actions that set you on a path toward a fulfilling, purposeful 2025.

Remember, the insights you've gained here are just the beginning. Building the life you envision requires ongoing clarity, resilience, and support. That's where I come in. As a confidence coach, I help clients transform their vision into reality, guiding them through personal and professional growth, mindset shifts, and strategies for success.

MAKING YOUR VISION A REALITY

If you're ready to take your goals to the next level or feel that personalized support could make all the difference, I invite you to explore coaching with me. Together, we'll create a customized approach that aligns with your unique strengths and aspirations, turning this year's goals into accomplishments and challenges into growth.

Whether you're looking to cultivate lasting confidence, deepen your self-awareness, navigate career transitions, or build resilience, I'm here to support you every step of the way.

READY TO TAKE THE NEXT STEP?

To learn more about coaching, book a free 90-minute deep-dive session with me, where we'll discuss your vision and how coaching can help make it a reality. I can't wait to support you on this journey toward the life you're excited to lead.

Here's to a year of meaningful action, growth, and success. Let's make 2025 your best year yet!



**STAY CONFIDENT
STAY AUTHENTIC,**

Kelsey Wesley

Let's stay in touch!



www.kelseywesleycoaching.com



[@kelseywesleycoaching](https://www.instagram.com/kelseywesleycoaching)



[linkedin.com/kelseywesleycoaching](https://www.linkedin.com/kelseywesleycoaching)



+49 173 563 1231