COMPLETE & CELEBRATE 2025

A WORKBOOK TO REFLECT AND LEARN FROM YOUR PAST YEAR

KATARINA STOLTZ
COACHING AND THERAPY

COMPLETE & CELEBRATE 2025

We're so good at rushing ahead to the new year, and we often forget to reflect on what worked and what didn't. Completing your year is an opportunity to celebrate your achievements and pause to gather your learnings from the year that was.

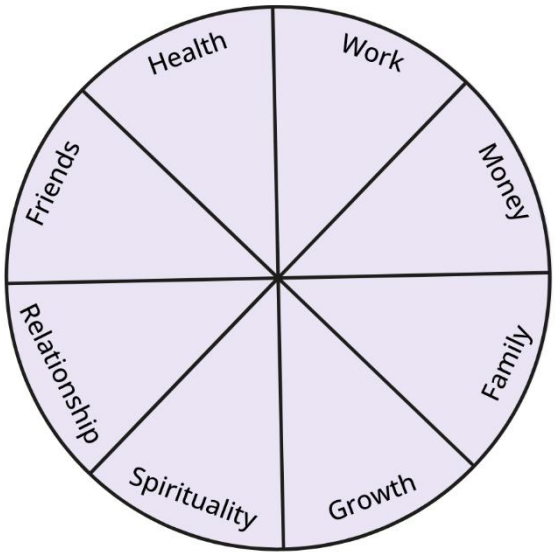
Answering the following questions will enable you to make space in your life for new habits and creations in 2026. As long as we're stuck in old habits that don't serve us any longer, or are stuck in resentments or regrets, we don't move forward!

To move forward in 2026, set some time aside and answer the following powerful questions. You can print this workbook out or fill it in online.

Tip: Going through the photos on your phone and looking at your calendar will help you remember your year.

WHAT DID YOU FOCUS ON?

Which of these areas did you focus on the most? Rate on a scale of 1 – 10, with 1 being 'not focused at all' and 10 being 'completely focused.'



WHAT DID YOU LEARN?

What did you focus too much on/ too little on? What will you do differently next year?

YOUR PAST YEAR IN THREE WORDS

Choose three words to define your past year:

ACHIEVEMENTS

What were your three biggest achievements?

Who helped you achieve them?

What did you do really well?

What are you most proud of?

What new qualities have you discovered in yourself?

What is the best thing you have discovered about yourself?

CHALLENGES

What were your three biggest challenges?

What and who helped you overcome these challenges?

What did you want to do, but didn’t dare?

What kept you awake at night?

What were you not able to accomplish?

FEELINGS

What brought you the most joy?

What brought you the most sadness?

What brought you the most fulfilment?

What brought you the most anger?

What brought you the most laughter?

What brought you the most confusion?

What brought you the most peace?

ENERGY

When were you most in flow?

When were you most lit up?

What gave you the most energy?

Which activities made you feel really alive?

Which situations/people drained you and how did you cope with them?

What changes do you want to make next year to increase your energy?

COMPLETION

What do you need to forgive yourself for?

Who do you need to apologise to?

What do you still need to let go of?

What did you regret doing/not doing?

What else is there that needs completion?

Are there any loose ends?

LEARNINGS AND LOOKING AHEAD

What were the three most important things you learned?

What do you want to bring with you into 2026?

What are you ready for in 2026?

CELEBRATION

How will you celebrate your achievements from 2025?

Who will you share your achievements and learnings with?

YOU'RE FINISHED WITH THE PAST YEAR!

Ready to step into 2026 feeling more aligned, energised and alive?

The Catalyst is my 4-week online programme for mid-career women who want meaning, not just another promotion. Join the VIP list and be the first to know when doors open.

ADD ME TO THE VIP LIST!