

HOLSTEE

# Reflection Journal.



Reflection. It will  
help you understand.  
It will help you  
grow. It will help you  
become the person  
you are meant to be.

Dear friends,

Reflecting can be one of the hardest things to make time for, but it's also one of our most valuable tools for learning and growing. With our annual Reflection Journal, we help make your end-of-year review a fun, fulfilling, and memorable tradition.

Over the past few years, we have continued to create, refine, and evolve our reflection framework. In this edition, we'll review the highs, the lows, and the threads that connect them.

This journal is designed to help you think back on the last 12 months, but that doesn't mean you have to work through it at the end of the year. Start after a big life milestone, look back on several years, share these questions with friends, reflect over the course of several cozy Sundays — the guide and how you use it are up to you!

Months and years from now you'll be so glad you took the time to reflect today.

Wishing you many moments of reflection and clarity,

A handwritten signature in black ink, appearing to read "Mike and Dave".

Mike and Dave

Co-Founders, Holstee

#### **ABOUT HOLSTEE:**

*Holstee offers tools, inspiration, and a community to help you live a more meaningful life. Reflection is one of 12 themes that we feel are central to living more fully and mindfully. Explore all of our themes and learn more at [Holstee.com](https://Holstee.com).*

# Where to Begin

How you work through this journal is up to you. But here are a few tips to get you started:

**Treat yourself!** Grab your favorite pens, prepare your favorite beverage, and put on your favorite album. This is your time.

**Make time.** Give yourself time and space to go through the journal. You can fly through it in one sitting, or maybe you'll take a whole month (or longer!). Do what feels right for you.

**Dig deep.** Be honest with yourself, even when it hurts. The deeper you dig, the more you'll learn.

**Be gentle.** Remember: the past is the past. Observe it but try not to judge it.

**It's up to you.** Read all instructions — but choose which to follow. Make it work for you.

*Reflection Period:*

\_\_ / \_\_ / \_\_ to \_\_ / \_\_ / \_\_

# Look Back

We'll begin by taking stock of what actually happened this year, starting with the first month you identified for your reflection period. **Take a look through your planner, journal, and photos, and list out the highs and lows.**

MONTH 1

MONTH 2

MONTH 3

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HIGHLIGHTS

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HIGHLIGHTS

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HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

LOWLIGHTS

Did you travel anywhere this year? Experience any personal or family milestones? What changed in your relationships, work, or passion projects?

**MONTH 4**

**MONTH 5**

**MONTH 6**

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HIGHLIGHTS

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HIGHLIGHTS

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HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

LOWLIGHTS

# Look Back

If you learned any new skills or took up a new hobby this year, don't forget to include them as highlights!

**MONTH 7**

**MONTH 8**

**MONTH 9**

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HIGHLIGHTS

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HIGHLIGHTS

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HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

LOWLIGHTS

*Are you noticing any patterns? Do your highs or lows generally involve certain people in your life? Or any specific activities?*

**MONTH 10**

**MONTH 11**

**MONTH 12**

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HIGHLIGHTS

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HIGHLIGHTS

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HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

LOWLIGHTS



# Superlatives

Lightning round time. What were some of your favorites from the past year?

Songs:

Books:

Movies:

Places Visited:

Meals:

What inspired you this year?

This year my biggest challenge was:

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This year my biggest accomplishment was:

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***This past year in one word:***

# Intention

Our thoughts lead to action. Our actions create our experiences.  
Our experiences define our character.

Think back to the start of the year and any goals you set. Take a moment to reflect on how you did with each of them.

Goal 1:

How did you do with this goal?



Goal 2:

How did you do with this goal?



Goal 3:

How did you do with this goal?



How did these goals play out over the course of the year?

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What obstacles or challenges (big and small) did you face?

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What helped push you forward?

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# Kinship

Life is about the people we meet and the things we create with them. Experience your own light by seeing it in others.

Who are you most grateful for this year?

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*Take a moment and let them know! It can be as simple as a text message, a phone call, or even an invite to coffee so you can express your gratitude in person.*

Which relationships remained rock-solid this year?

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Which relationships in your life grew the most?

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Which relationships need more time, love, or attention?

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What was one moment where the people you were with made all the difference? How did you feel?

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When was someone a true friend to you this year?

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# Wellness

Wellness is all-encompassing, helping our body, mind, and spirit to find harmony.

When we talk about health, it's typically about the body being free from disease, while wellness aims to address an overall sense of balance that helps us live well.

The National Wellness Institute breaks down this balance into the Six Dimensions of Wellness, an interdependent model that it recommends as a pathway to optimal living.



**Take a look at the different dimensions on the next page, and rank how you did in each category this past year.**

Intellectual Wellness:	1	2	3	4	5
Emotional Wellness:	1	2	3	4	5
Spiritual Wellness:	1	2	3	4	5
Social Wellness:	1	2	3	4	5
Physical Wellness:	1	2	3	4	5
Occupational Wellness:	1	2	3	4	5

**Intellectual:** Our engagement with creative and stimulating mental activities.

**Emotional:** Our awareness, acceptance, and expression of our feelings and how they impact our daily lives.

**Spiritual:** Our search for meaning and purpose, and how well our actions align with what is most important to us.

**Social:** Our connection and contribution to the people and community around us.

**Physical:** Maintaining a sound body through regular exercise, proper nutrition, sleeping well, and avoiding harmful habits.

**Occupational:** The personal satisfaction and enrichment we receive from our work.

How did your relationship to wellness change this year?

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What categories do you want to focus on in the coming year?

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# Compassion

We all share an undeniable interdependence. When we try to understand and ease pain, we set in motion a wave of infinite love and possibility. Reflect on how compassion — toward the self and others — played a role in your life these past 12 months.

**What is something you regret from the past year? Write it here.**

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**Now write yourself a short note in which you forgive yourself. Tell yourself that what's in the past is in the past. Try to allow yourself to let go of this regret and move forward.**

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When did someone show you compassion?

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When in the last year was your ability to show compassion tested? How did you respond?

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“Be patient toward all  
that is unsolved in your  
heart and to try to love the  
questions themselves.”

– RAINER MARIA RILKE

# Simplicity

In the chaos we call life, it can be hard to reduce the noise and focus on what is essential. Reflect on how you kept it simple this past year and how you can simplify even more moving forward.

**What did you waste time on this year?**

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**What was the best use of your time?**

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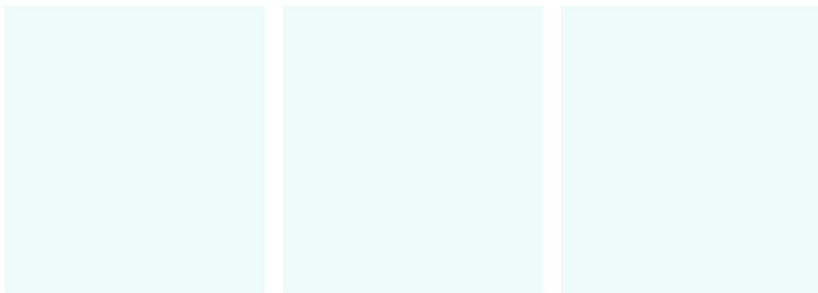
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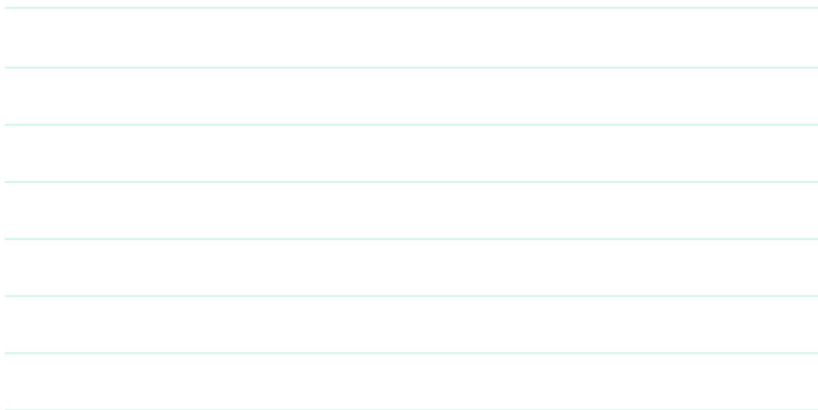
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*Imagine this scenario:* You pull up to your house to see it has caught fire. All people and pets are safe — don't worry! The firefighters tell you the fire is contained just enough that they can safely run in to save three items (this wouldn't happen in real life, but go with it).

**What three items would you choose?**

Three empty, light blue rectangular boxes arranged horizontally, intended for the user to draw or describe the three items they would choose to save.

**What role did these items play in your life this past year? And how might you appreciate them more fully? How might you honor their memories and stories, put them to use, and/or appreciate them more?**

A series of ten horizontal light blue lines provided for the user to write their response to the question about the role of the items and how they might be appreciated.

# Adventure

Match curiosity with courage to take the first step. The most memorable part will always be the journey. Adventure awaits.

**What were your top three adventures from this past year?**

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**List one thing you learned from each adventure:**

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*Confronting our fears with curiosity and bravery allows us to better learn and grow from them.*

Was there a moment this past year when you overcame fear or did something outside of your comfort zone?

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What gave you confidence or assurance to overcome this fear?

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# Creativity

Broaden your perspective, connect the dots, do the work. Repeat.  
How did creativity play a role in your year?

**What creative endeavors did you pursue this year?**

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**What did you learn from working on these creative projects?**

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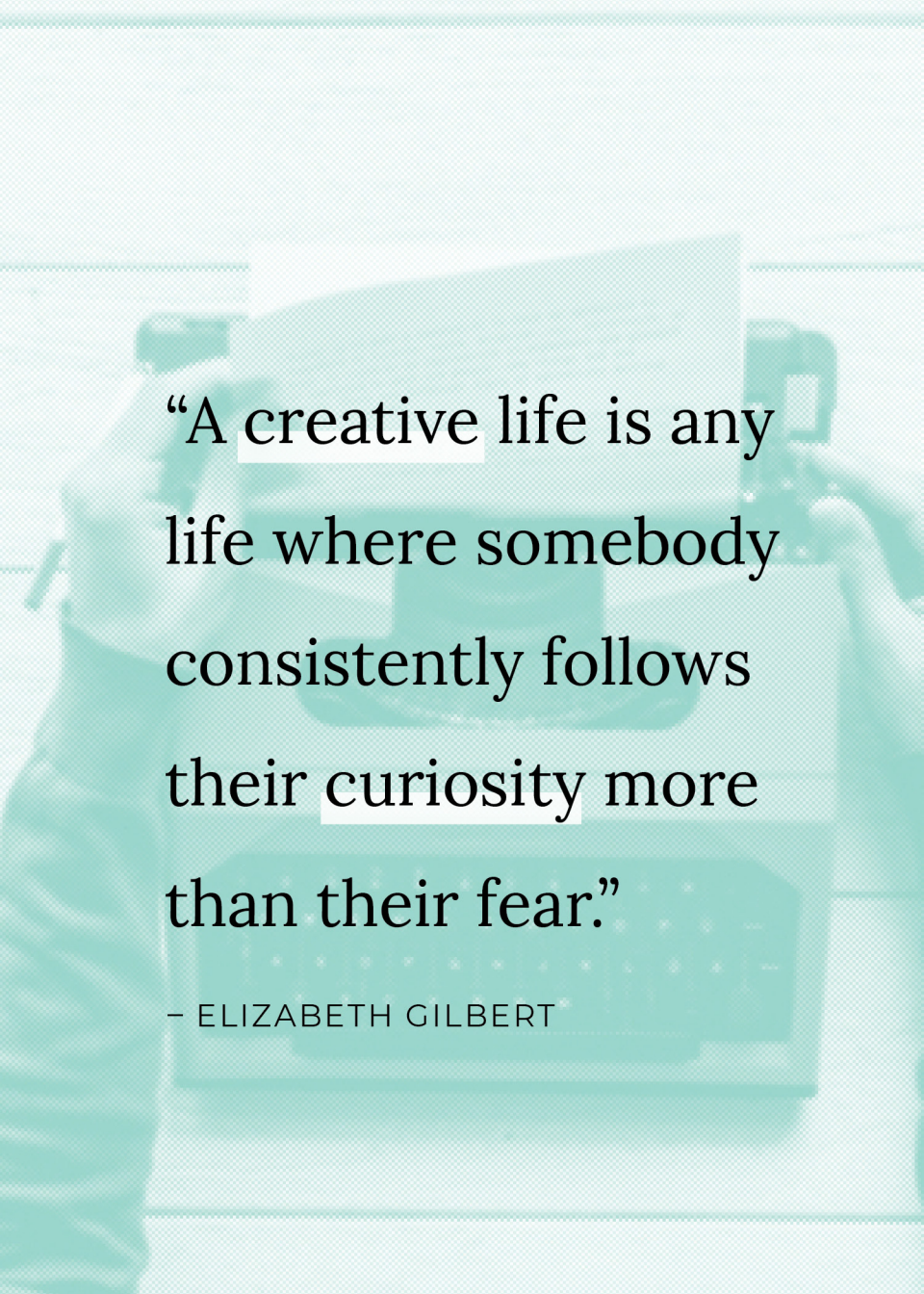
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**List three creative projects or hobbies you would like to explore in the year ahead (either new or ones you'd like to continue):**

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A person's hands are shown holding a large sheet of paper in front of a typewriter. The scene is overlaid with a semi-transparent teal filter. The text is centered on the paper.

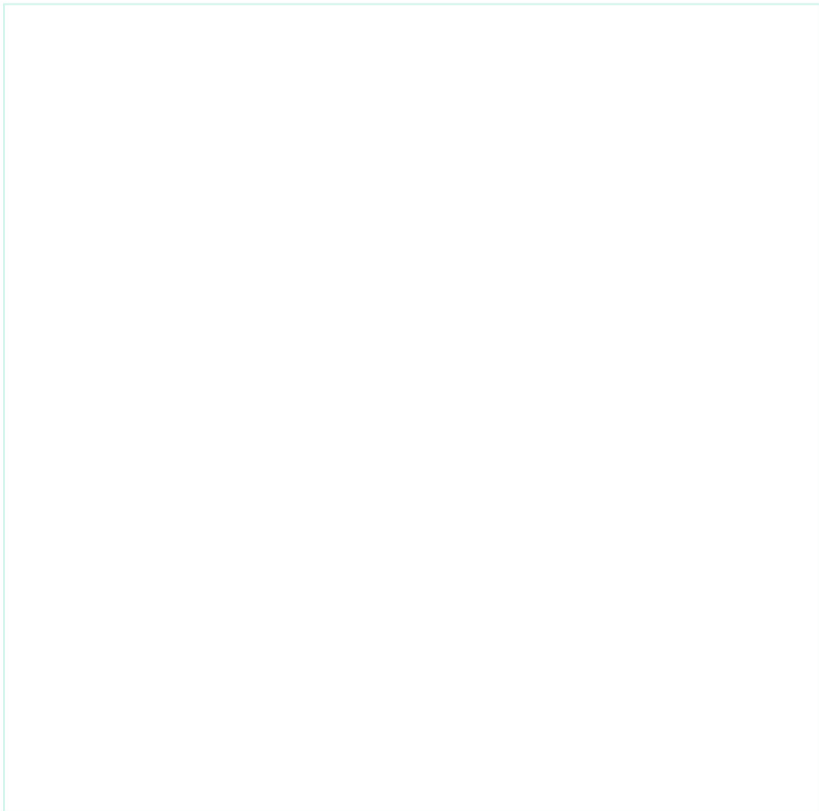
“A creative life is any  
life where somebody  
consistently follows  
their curiosity more  
than their fear.”

– ELIZABETH GILBERT

# Passion

Do what makes you feel alive. Find yourself in places you never thought possible.

Use the space below to write or draw all the things that made you feel alive this year. If they raised your heartbeat just a little bit, write them small, but if they really pumped you up, write them big and bold!

A large, empty rectangular box with a thin light blue border, intended for the user to write or draw their responses to the prompt above.

Whether or not your work is your passion, this is a good time to reflect on the successes and challenges of how you spend your days. What would you like to change? What have you learned?

**In what ways was your work meaningful to you this year?**

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**List three new skills you learned:**

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**How do you hope to change or improve your work life next year?**

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# Resilience

With each setback, reflect on what you have learned and simply begin again.

**What were three challenging moments this year?**

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**How did you respond to these challenges?**

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# Integrity

When our actions reflect our values, we are truly ourselves.  
Reflect on what was most important to you this year.

**When did you stand up for your values this year?**

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**Did you have any strongly-held beliefs that came into question?**

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The background of the image is a light teal color with a repeating pattern of stylized leaves and stems. The leaves are rounded and have a slightly textured appearance. The stems are thin and branch out, creating a dense, naturalistic feel. The overall aesthetic is clean and modern, with a focus on nature-inspired motifs.

“To be yourself  
in a world that is  
constantly trying to  
make you something  
else is the greatest  
accomplishment.”

– RALPH WALDO EMERSON

# Gratitude

Appreciate what has happened and what is to come, so that we may find peace in this moment, right now.

***I am lucky because:***

I am grateful for \_\_\_\_\_ this year because \_\_\_\_\_

I am grateful for \_\_\_\_\_ this year because \_\_\_\_\_

I am grateful for \_\_\_\_\_ this year because \_\_\_\_\_

Who are you most grateful for this past year? On the next page, write a letter to this person letting them know how you feel and why you are especially grateful for them this year.





“It is how we choose  
what we do, and how  
we approach it, that will  
determine whether the  
sum of our days adds up  
to a formless blur, or to  
something resembling a  
work of art.”

– MIHALY CSIKSZENTMIHALYI



*Look back in order to live forward.*