

# THE 365 REFLECTION WORKBOOK

Prepare for Your Breakthrough Year



# WELCOME

Before planning your next 365 days, you must understand the last 365. Reflection is the foundation of clarity. This workbook guides you through the deep, meaningful questions that reveal what worked, what didn't, and what must change. Use this time to reconnect with yourself, your truth, and your potential.

This is not about judgement. It's about understanding. Once you see your patterns clearly, you can begin designing your future with confidence and intention.

## **WHY THIS WORKBOOK MATTERS**

Every transformation begins with awareness. Without reflection, you repeat habits and cycles unconsciously. With reflection, you reclaim control of your direction. You rediscover what matters to you and identify what no longer serves you.

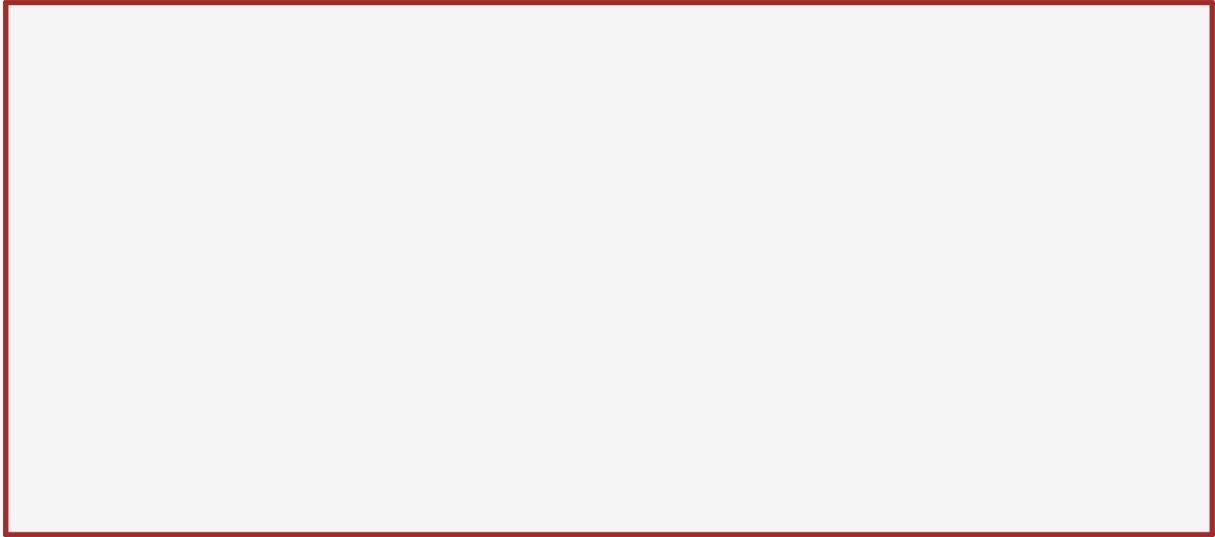
This workbook helps you uncover the lessons, truths, and insights buried inside your experiences. It gives you the clarity required to enter the next chapter of your life fully prepared and fully awake.

# HOW TO USE THIS WORKBOOK

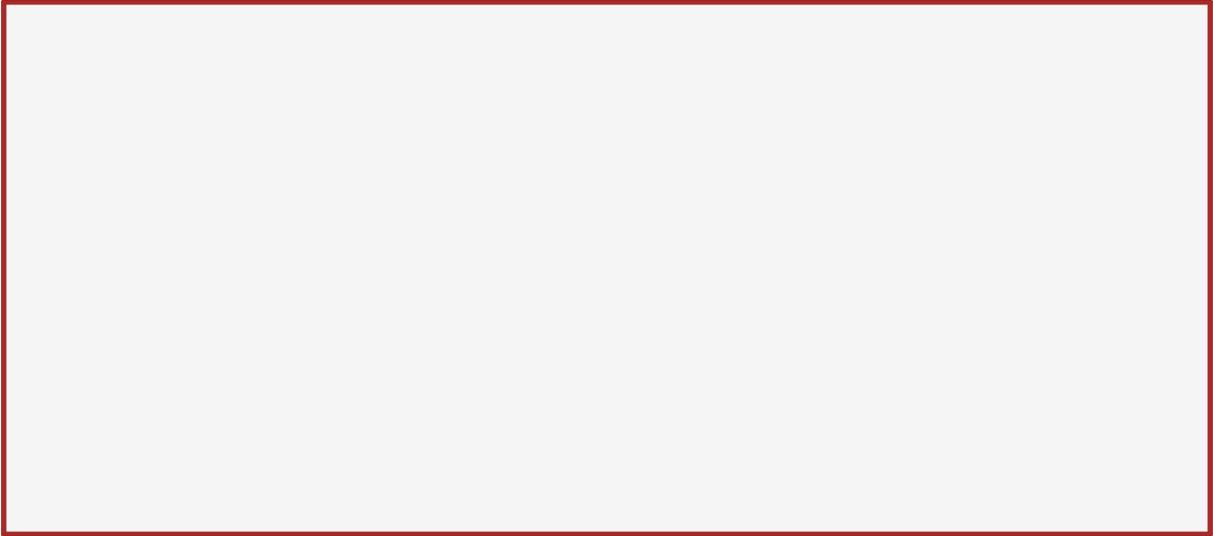
- Find a quiet space where you can think clearly.
- Answer each question honestly—your truth is your power.
- Take your time. Don't rush your own understanding.
- Write freely. There are no right or wrong answers.
- Revisit your answers after 24 hours—new insights always emerge.
- Use what you discover to shape your goals and plans for the next 365 days.

## THE YEAR IN REVIEW

What were your biggest wins of the year?

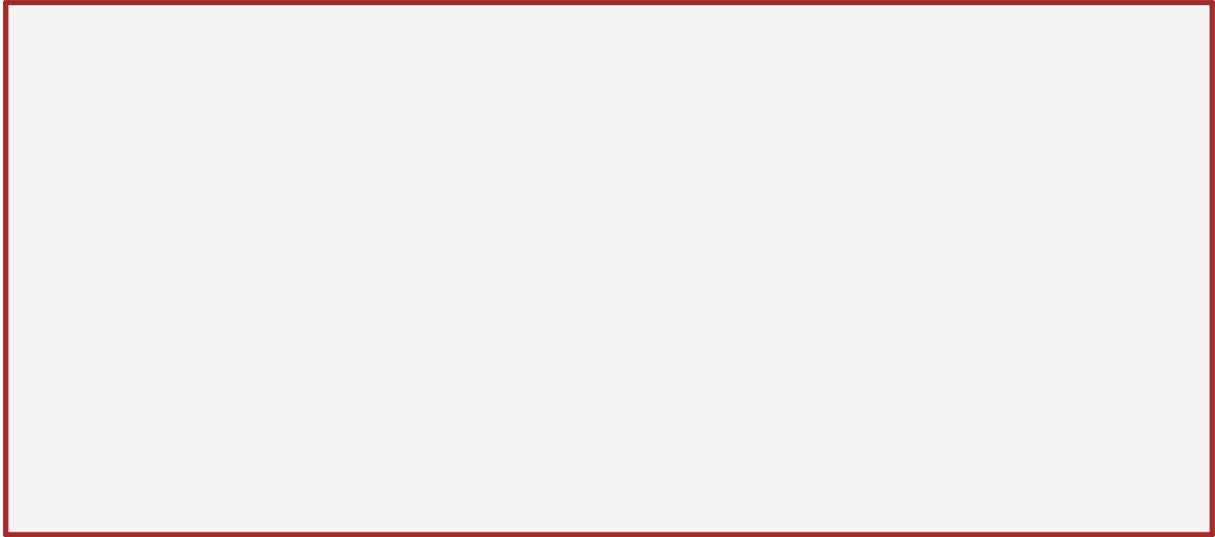


What moments made you feel proud?

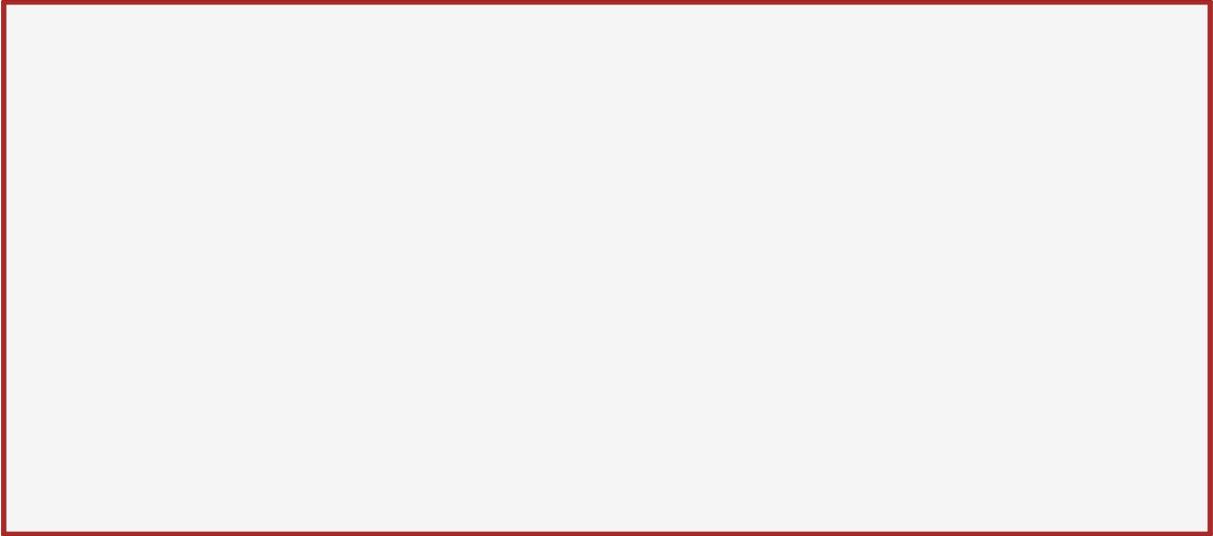


## WHAT CHALLENGED YOU

What obstacles did you face?

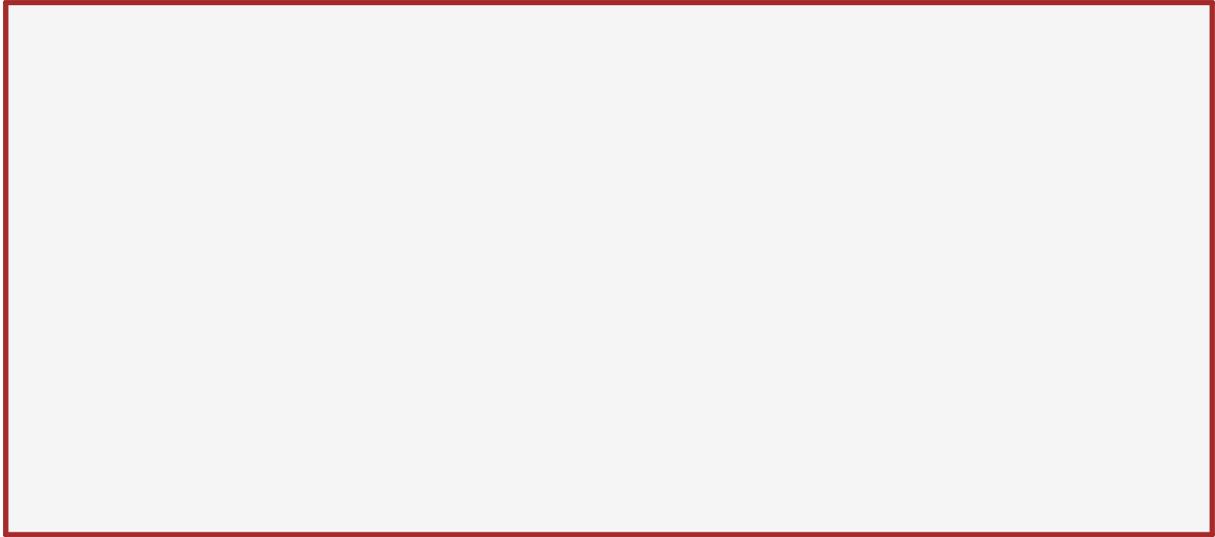


What drained your energy?

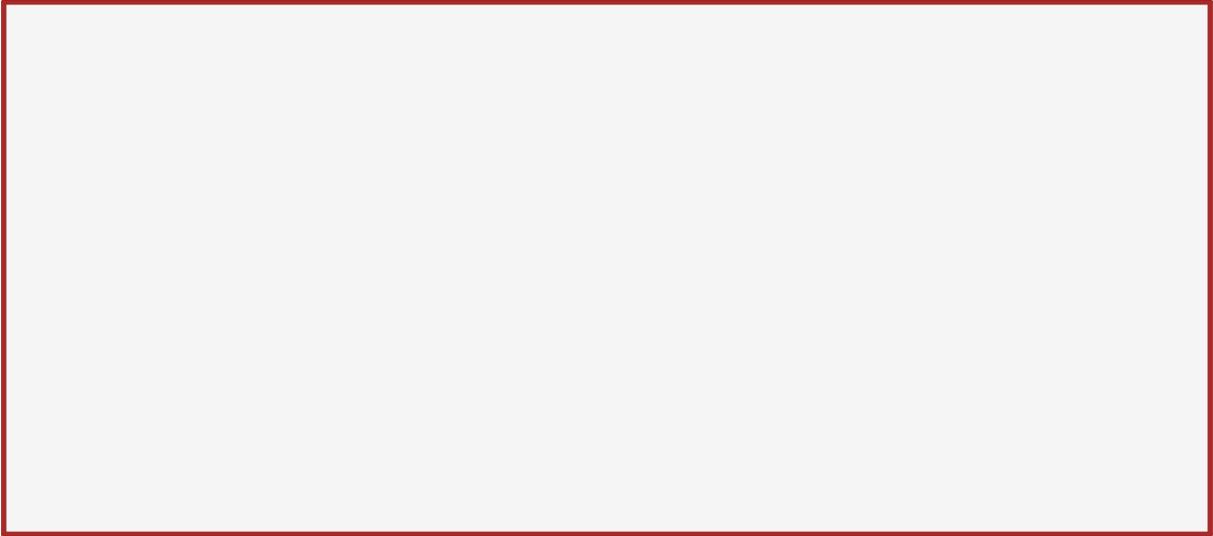
A large, empty rectangular box with a dark red border, intended for writing an answer to the question 'What drained your energy?'. The box is currently blank and occupies the upper half of the page.

# LESSONS & INSIGHTS

What did this year teach you?

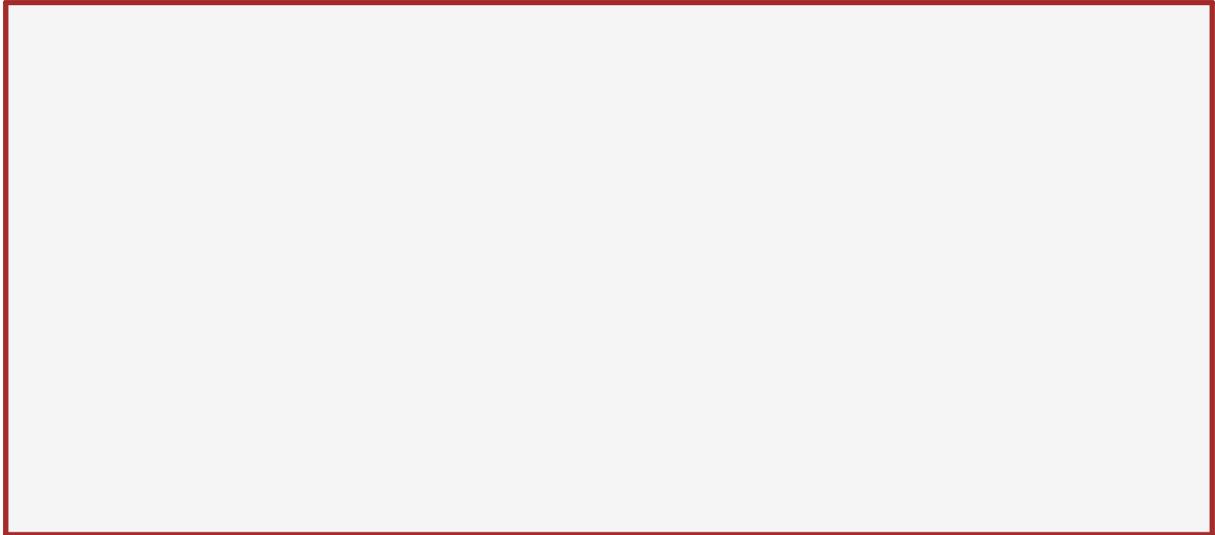


What strengths did you rely on?

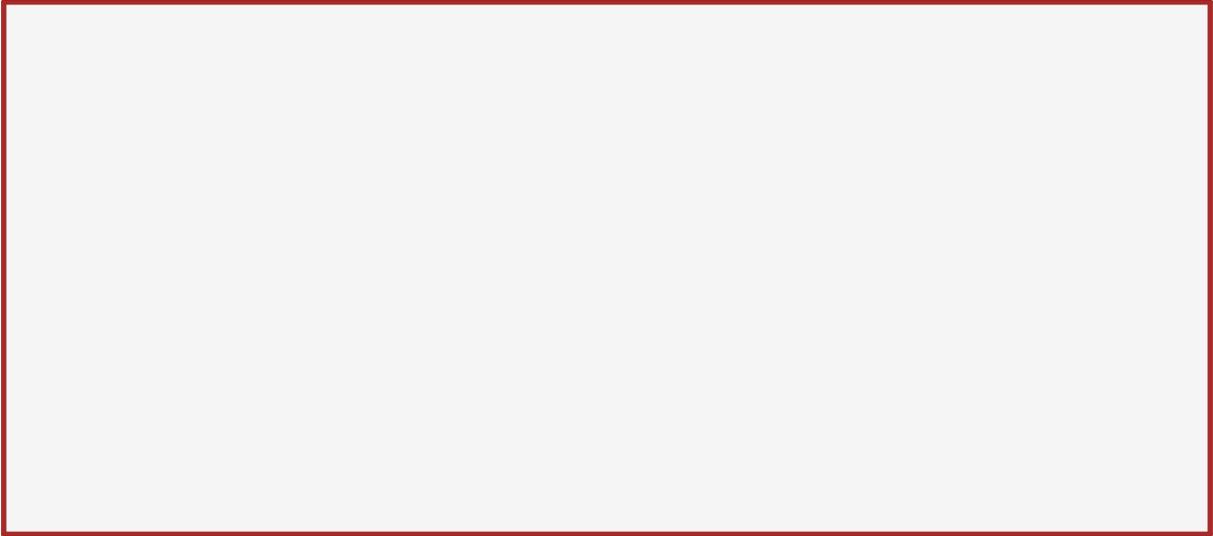


## WHAT NEEDS TO CHANGE

What do you no longer want to tolerate?



If next year was your breakthrough year, what would be different?



## **YOUR NEXT STEP**

Now that you've reflected deeply on your past year, you are ready to design the next one with clarity and purpose. Use your insights to build your Single Page Plan—a simple, powerful structure for achieving your breakthrough year.

**Continue your journey at:**

**[www.singlepageplan.com](http://www.singlepageplan.com)**