


ANNUAL REFLECTION JOURNAL - 2025

inspero



A person is shown from the waist down, sitting on a light-colored wooden gym floor. They are wearing dark-colored athletic shoes with white soles and are in the process of tying the laces. To their left, a blue exercise mat is partially unrolled. The background is a plain, light-colored wall. The entire scene is overlaid with a semi-transparent blue filter.

WHAT YOU DO EVERY
DAY MATTERS MORE
THAN WHAT YOU DO
EVERY ONCE AND
AWHILE.

GRETCHEN RUBIN

CELEBRATE THE PAST

LIVE IN THE PRESENT

ENGAGE WITH THE FUTURE



INTRODUCTION

USE THIS JOURNAL TO ACTIVELY REFLECT ON YOUR YEAR.

WHAT CHALLENGES WERE FACED? WHAT SUCCESSSES NEED HIGHLIGHTING? WHAT DID YOU LEARN?

THEN TAKE TIME TO RENEW AND RECHARGE FOR THE COMING YEAR!

CONTENTS AT-A-GLANCE

Review	Hits & Misses	Gratitude	Vision
Challenges Successes Gratitude	Dig in to your 2025 Highs and Lows	Describe and Then Act	Analyze Recalibrate Get inspired. Go!

“LIFE CAN ONLY BE
UNDERSTOOD BACKWARDS;
BUT IT MUST BE LIVED
FORWARDS.”

– Søren Kierkegaard

MONTHLY REVIEW

JANUARY 2025

HIGHLIGHTS:

CHALLENGES:

GRATITUDE:

FEBRUARY 2025

Highlights:

Challenges:

Gratitude:

MARCH 2025

Highlights:

Challenges:

Gratitude:

MONTHLY REVIEW

APRIL 2025

HIGHLIGHTS:

CHALLENGES:

GRATITUDE:

MAY 2025

Highlights:

Challenges:

Gratitude:

JUNE 2025

Highlights:

Challenges:

Gratitude:

MONTHLY REVIEW

JULY 2025

HIGHLIGHTS:

CHALLENGES:

GRATITUDE:

AUGUST 2025

Highlights:

Challenges:

Gratitude:

SEPTEMBER 2025

Highlights:

Challenges:

Gratitude:

MONTHLY REVIEW

OCTOBER 2025

HIGHLIGHTS:

CHALLENGES:

GRATITUDE:

NOVEMBER 2025

Highlights:

Challenges:

Gratitude:

DECEMBER 2025

Highlights:

Challenges:

Gratitude:

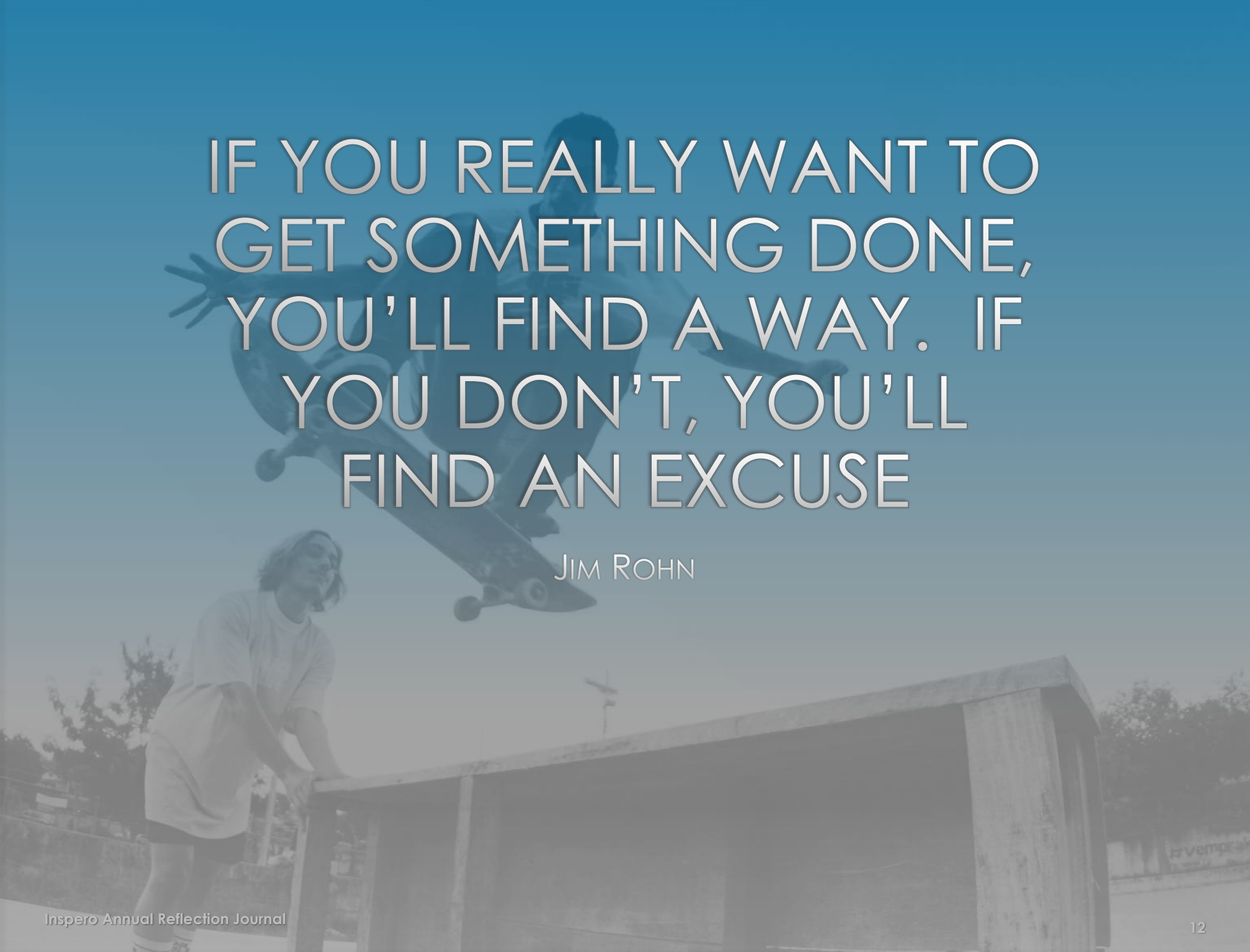
REFLECT ON THE PAST YEAR AND ALL THE INFORMATION YOU ENTERED ON THE LAST FOUR PAGES. WHAT STANDS OUT AS YOUR HIGHEST HIGH AND YOUR LOWEST LOW? WHY?

A large, empty rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write their reflection on the past year, identifying their highest high and lowest low.

GRATITUDE: TAKE THIS SPACE TO LIST THE
PEOPLE, PLACES, OR THINGS FOR WHICH YOU ARE
GRATEFUL FOR FROM THE PAST 12 MONTHS:

From the people you list, pick
at least one to send a thank
you card to this month!

A large, empty rounded rectangular box with an orange border, intended for listing people, places, or things to be grateful for.

A person is captured in mid-air, performing a skateboard trick over a wooden ramp. The person is wearing a dark shirt and shorts, and their skateboard is positioned below them. The background is a clear blue sky. The overall image has a blue tint and is semi-transparent, serving as a background for the text.

IF YOU REALLY WANT TO
GET SOMETHING DONE,
YOU'LL FIND A WAY. IF
YOU DON'T, YOU'LL
FIND AN EXCUSE

JIM ROHN

VISION

Looking back at your year how would you describe your Vision based on what you and your team accomplished?

How is what you just described similar and different that you intended?

VISION



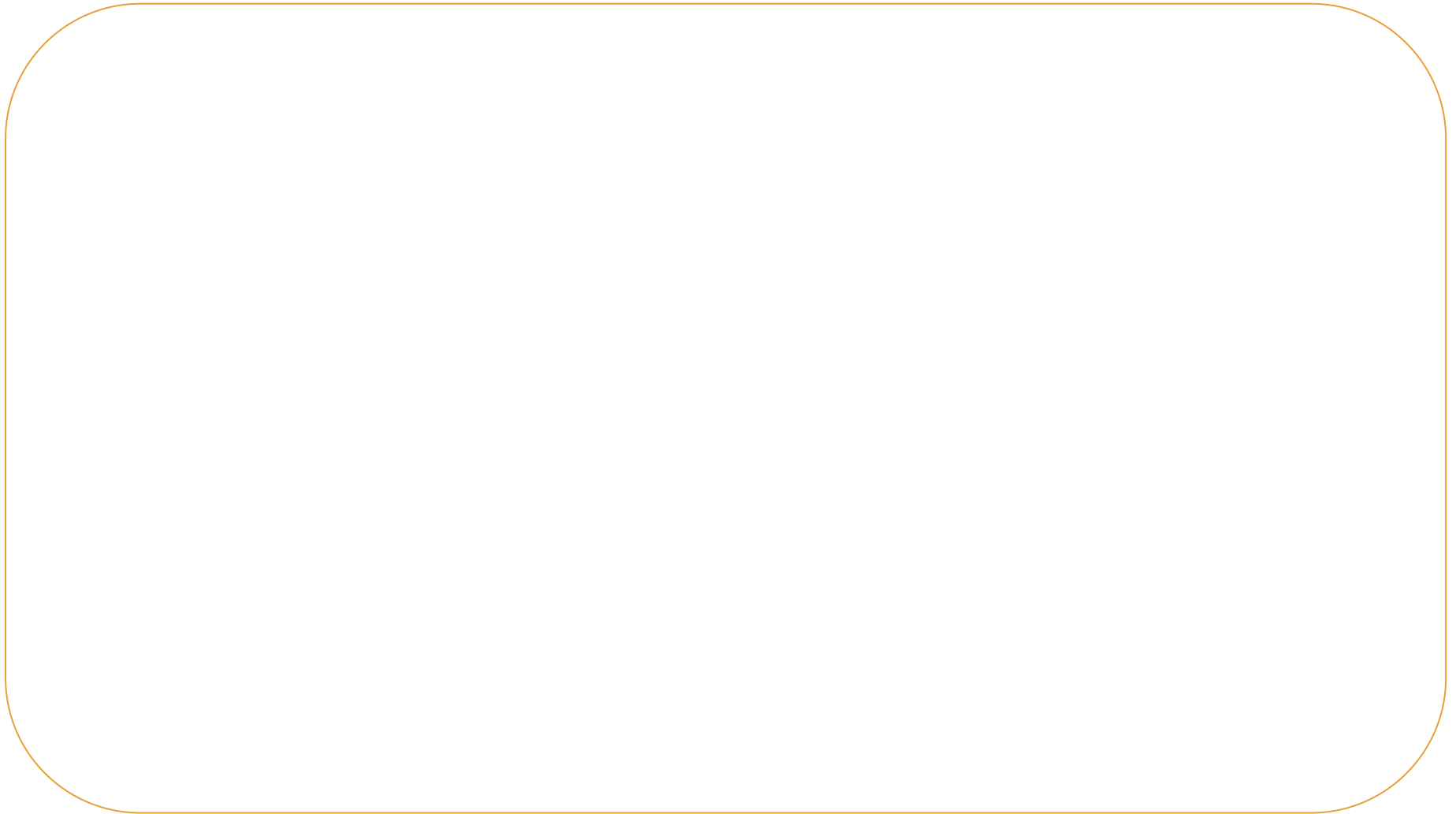
Overall, how successful were you in fulfilling your Vision over the past year?

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

If you scored anything lower than a 9, what would have needed to happen to score it a 9 or 10?

VISION

Describe your Vision for the coming year:



VISION



What are **three** things you can start doing in January to put you on a trajectory to accomplish your vision in 2026?

A large, empty rounded rectangle with a thin orange border, intended for the user to write their three actions for January.

“ DO YOU REMEMBER WHO YOU WERE BEFORE THE WORLD TOLD YOU WHO YOU SHOULD BE? ”

CHARLES BUKOWSKI

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The logo for inspero is contained within a rounded rectangular frame. The word "inspero" is written in a lowercase, sans-serif font. To the right of the text is a stylized graphic of a leaf or feather, composed of several horizontal lines that taper to a point on the right side.

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SUMMARY

WE BELIEVE THAT DEEP AND SIMPLE IS BETTER THAN SHALLOW AND COMPLICATED. WE STRIVE TO INTENTIONALLY PERSONALIZE ALL THAT WE KNOW AND DO TO PROVIDE YOU WITH WHAT YOU NEED RATHER THAN WHAT WE THINK YOU NEED. THIS JOURNAL REFLECTS OUR DESIRE TO HELP YOU HELP YOURSELF; ALL THE WHILE KNOWING WE ARE ONLY A PHONE CALL OR EMAIL IF NEEDED.