

SUMMER REFLECTION PLAYBOOK

**Gentle questions for your 2025 lessons
& 2026 possibilities.**





As the year winds down, our minds finally have enough space to pause, zoom out, and make sense of what the past 12 months have taught us.

A light, intentional reflection now helps your brain integrate lessons, clear cognitive clutter, and make better decisions about where to focus your energy in 2026 - rather than dragging old stories, habits, or noise into the new year! Don't do that!

And at a deeper level, this is an invitation to honour who you've become, soften into what mattered, release what no longer fits, and gently listen for what's wanting to emerge next.

These questions are designed to help you reconnect with your truth, your values, your desires, and your future self.

Take them slowly. Let them land where they land. Maybe even read them and throw them away, just reading them will plant something in your unconscious 😊

I can't wait to do this for myself, one lazy afternoon in the shade, with some intentional peace and quiet and a glass of ... something!

How to Use This Playbook

- *Take your time and choose your pace + space*
- *There are no right or wrong answers, just yours*
- *Take a few delicious breaths, let your nervous system settle before you start*
- *Pick it up, put it down, come back to these questions whenever you feel called*



"The unexamined life is not worth living."

— Socrates

"Holding on is believing that there's only a past; letting go is knowing that there's a future."

— Daphne Rose Kingma

"A lack of self-awareness is poison. Reflection and review is the antidote."

— James Clear

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

— Carl Jung



Start by looking at each month. What defined that month - highlights, moments of struggle or reactivity, moments you won't forget, goals achieved just capture what comes up. It doesn't have to be perfect or complete (use your diary or phone to help).

Jan	Feb	Mar
Apr	May	Jun
Jul	Aug	Sep
Oct	Nov	Dec



1. Looking back on 2025... what surprised me about myself this year?

Thought joggers:

- Where did I handle something better than I expected?
- Where did I grow without realising it?

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2. What's one thing I want to genuinely celebrate from 2025?

Thought joggers:

- What felt meaningful, not just productive?
- What did I do that my past self would be proud of?

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3. What did 2025 teach me that I don't want to forget?

Thought joggers:

- What lesson keeps showing up?
- What truth have I been avoiding or finally acknowledging?

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4. What do I know I need to let go of before 2026 begins?

Thought joggers:

- A belief, habit or story that isn't serving who I'm becoming
- Something I'm carrying that feels heavy

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5. What wants to “end” or complete its cycle in my world?

Thought joggers:

- A pattern that’s run its course
- A role or identity I’ve outgrown

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6. What have I learned about what supports my wellbeing?

Thought joggers:

- What soothes my nervous system?
- What gives me energy or brings me home to myself?

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YOU are doing great!

Some words to keep you company this summer.... from the heart intelligence of Eckhart, Buddha and Brene!

"The present moment is exactly as it should be."

— Eckhart Tolle

"No matter how hard the past, you can always begin again."

— Buddha

"You are imperfect, you are wired for struggle, but you are worthy of love and belonging."

— Brené Brown

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

— Buddha



7. What do I want to feel more of in 2026?

Thought joggers:

- Ease? Purpose? Confidence? Aliveness?
- Where does my body naturally say “yes”?

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8. What new possibility is quietly calling me?

Thought joggers:

- A project, direction, desire, or next version of me
- Something I keep imagining but haven’t named yet

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9. What's one challenge I'm ready to move through in 2026?

Thought joggers:

- What's been holding me back?
- What's one courageous step forward?

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10. If I imagine my future self at the end of 2026... what do I notice?

Thought joggers:

- What are they doing?
- How do they feel in their body?

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11. What strengths, gifts or qualities do I want to bring forward into next year?

Thought joggers:

- What parts of me feel under-used or ready to shine?
- What do people often appreciate about me?

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12. What small action now would honour the 2026 version of me?

Thought joggers:

- What's one thing I could do in the next 48 hours?
- What would make future-me whisper "thank you"?

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🌿 Excerpt from You Are Never Far From Healing 🌿
by Jeff Foster

You are never far from healing,
for healing is not a destination.
It is more like a remembering;
a constant invitation.

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What if you're not actually broken?
What if healing IS presence?
This timeless sense of being alive?

...

What if the future is unknown,
and your fears are all in your mind?
What if the Sun never stops shining,
even as the storm rages?
– Jeff Foster

(Excerpted from “You Are Never Far From Healing” by Jeff Foster.)



BONUS - Future Self Letter

A Letter From Your Future Self (December 2026)

This is an invitation to meet the version of you who already exists - the wiser, steadier, more spacious you who has lived another rich year of learning, leading, loving, and choosing well.

This exercise is about connecting to your inner guidance, the part of you that already knows what matters and what's ready to unfold.

How to do it

Find a quiet moment. Brew something warm (or cool!). Sit somewhere that feels good in your body. Read the prompt below and let your pen write freely - no editing, or polishing or pressure. Let your future self speak.

The Prompt

Imagine yourself in December 2026. Grounded, proud, peaceful, and deeply yourself. Write a letter from that future version of you to the "you" who is sitting here now.

Your future self might share:

- What they're grateful you stopped carrying
- What choices made the biggest difference
- What they wish you could see already
- What you're capable of that you don't yet believe
- What turned out beautifully
- What they learned about love, work, leadership, boundaries, and wellbeing
- Who they became along the way
- What they want you to trust

Let this letter be kind. Let it be honest. Let it be yours.

Now seal it somewhere safe and open it next December. Or give it to someone you trust to mail to you in December 2026 (which is much more fun!).



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*Thank you for gifting yourself this space.
May you step into 2026 with clarity,
steadiness, and a heart that knows what
matters.*

Love, light and blessings to you

Rhonda x

Need a thought
partner or a
transformation?
Just get in touch!

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