2025

WRAPPED JOURNAL

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HELLO!

Welcome to your 2025 Wrapped Journal.

This is a space for you to reflect on the year just passed and plant the seeds of intention for 2026.

Through the following pages, you'll have the opportunity to reflect not only on your physical achievements but also recognise the personal growth you made this year.

This guide is packed with techniques and activities I use with my coaching clients to support them in their journeys to create a career and life they love living – I hope they are just as impactful for you as you move into this new chapter.

So, grab a pen, get yourself into a cosy spot with your favourite drink…and let's dive in!

Catherine x

Life in Colour. with Catherine


2025 AT
A GLANCE

2025 AT A GLANCE

What better way to begin than zooming out and taking some time to reflect on 2025 as a whole - the highs, lows and inbetweens!

What are you most proud of yourself for this year?
(Consider personal growth as well as physical achievements)

What did your best days of 2025 have in common and how can you create more of them in 2026?

If you could describe your year in a couple of words, what would they be?

What has been your biggest lesson in 2025?

WHEEL OF LIFE

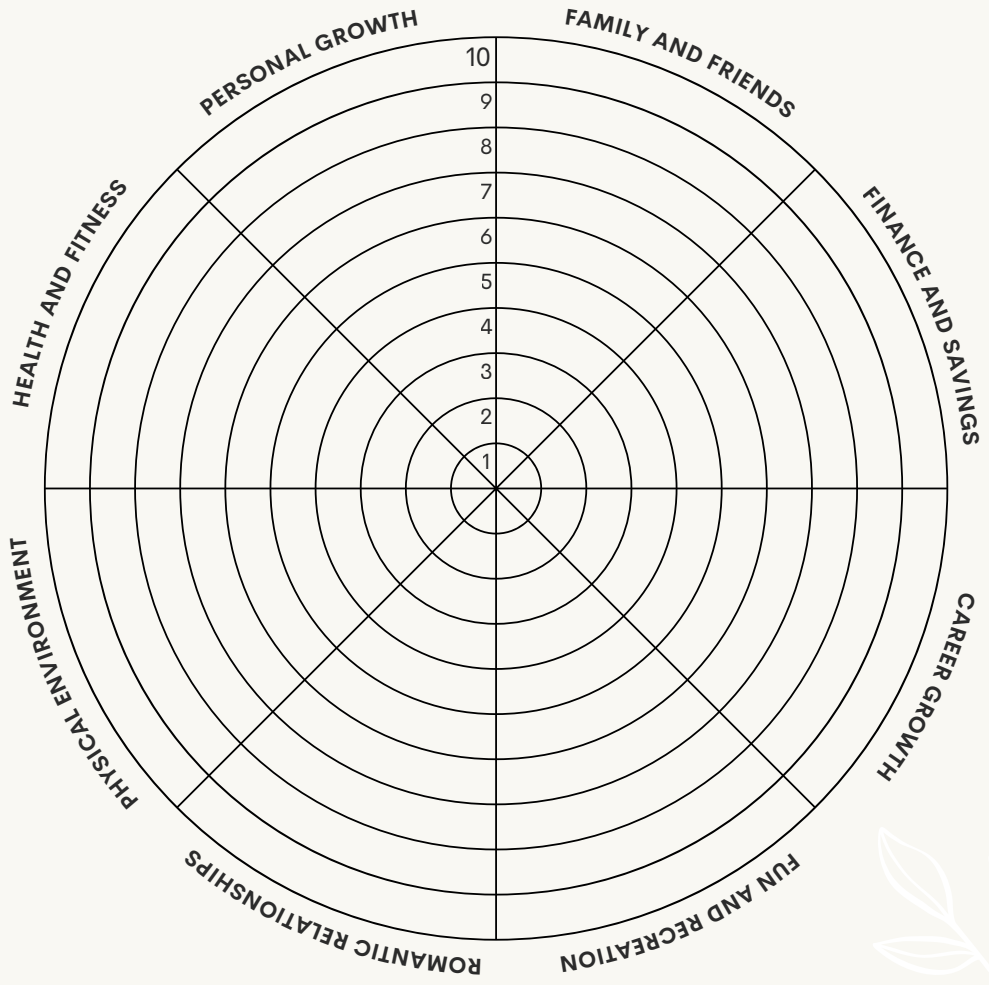
The Wheel of Life is a simple but brilliant tool that helps you reflect on all areas of your life and understand where things feel balanced and where they may need more attention, support or change.

Follow these simple steps to get started:

1 Look at each segment of the wheel – Each segment represents an important area of life (e.g. career, health, relationships, fun, finances, personal growth). Take a moment to consider what each area means to you.

2 Rate your level of satisfaction – For every segment, give a score from 1 to 10: (1 = very dissatisfied, 10 = completely satisfied). Important: Choose the number that feels true right now, not what you think it should be.

3 Shade in your score – Colour or shade each segment up to the number you've chosen. You'll begin to see a visual picture of which areas feel full and which feel emptier. Reflect on how this balance feels for you. Which areas would you like to focus on in 2026?



CAREER

We spend so much of our lives at work, so it's no surprise that when something feels 'off' in your role, the ripple effects can show up everywhere else. In this next section, you'll explore what is and isn't working in your career, with gentle prompts to help you reflect on what may need to shift so you can realign with your values and aspirations.

Score each area from 1–10 based on how things feel in your current work set up:

	1 (totally dissatisfied)									*10 (fully satisfied)*
Sense of meaning / impact	○	○	○	○	○	○	○	○	○	○
Values alignment	○	○	○	○	○	○	○	○	○	○
Growth & learning	○	○	○	○	○	○	○	○	○	○
Confidence in career direction	○	○	○	○	○	○	○	○	○	○
Work-life balance	○	○	○	○	○	○	○	○	○	○
Recognition & appreciation	○	○	○	○	○	○	○	○	○	○
Autonomy & control	○	○	○	○	○	○	○	○	○	○
Overall fulfilment	○	○	○	○	○	○	○	○	○	○

What stands out about your scores?

If one area improved, which would make the biggest difference?

Complete these sentences:

My work felt most meaningful when…

I felt frustrated or misaligned when…

I wish my career had less of…

I wish I could do more of…

What were your proudest career moments or highlights in 2025?

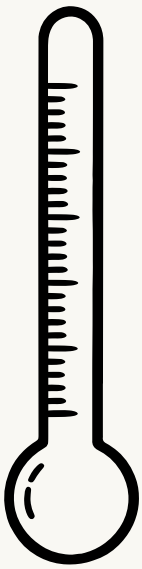
What challenges drained your energy or confidence?

Where/when did you feel most like yourself at work?

What did this year teach you about what you truly need in your career?

WELLBEING

Which statement feels closest to where you are right now?
Pause for a moment and reflect on how you're feeling.
Colour in the thermometer accordingly.



I feel totally exhausted and unable to recharge, I need support

More often than not, I feel overwhelmed and struggle to switch off

I feel stretched and stress is showing up more often than I'd like

I feel some stress, but it's manageable

I feel calm, balanced, and rested

What habits or routines supported you this year?

Which slipped and what led to that?

What are the early warning signs you might be heading into burnout?

Next up, we're going to build your wellbeing toolkit.
We'll break this down into three categories: Emergency Toolkit (circuit breaker tools that can be done in 5-10 minutes for a quick reset), Daily Micro-Habits (to build resilience to stress) and Long-Term Habits (to sustain you long-term). For each category I'd like you to think of three activities that will support your wellbeing.
Once you have filled this in, take some time to reflect on how you're going to integrate this into your life.

Emergency Toolkit

e.g. box breathing, taking a walk, connecting with your senses

1

2

3

Daily Micro-Habits

e.g. journaling, daily gratitude, meditation, exercise

1

2

3

Long-Term Habits

e.g. scheduling rest, building your support network, reconnecting with your passions

1

2

3

Need more help to build your wellbeing toolkit?

Get in touch for a personalised plan via the Life in Colour website.

www.lifeincolour.club

RELEASING CEREMONY

1. PAUSE & BREATHE

Take a slow breath in and out. Let your shoulders soften and arrive in the moment.

2. WRITE WHAT YOU'RE LETTING GO OF

On the first piece of paper, jot down anything you're ready to release - habits, worries, pressures or patterns you no longer feel are right. Ask yourself, what needs compassion, closure or a reset?

3. BURN TO RELEASE

When you're ready, safely place this paper into a fire or flame. As it burns, imagine all of that weight leaving your body and creating space for something new.

4. WRITE WHAT YOU'RE CALLING IN

On the second piece of paper, write a few words or intentions you want to welcome in 2026. Things like rest, confidence, support, joy, freedom or boundaries.

5. KEEP YOUR INTENTION

Fold this second piece of paper and keep it somewhere safe as a quiet reminder of what you're moving toward.

6. CLOSE WITH A BREATH

End with a few slow breaths and acknowledge the shift. Release the old and invite in the new.

GOAL SETTING

To wrap things up, we'll use my favourite goal setting tool - the WOOP method. This neuroscience backed method helps you to create goals that feel supportive, realistic and aligned with what you need as you move into this new chapter.
You'll set one short-term, one medium-term, and one long-term goal.
Take your time with this activity, it's important to choose goals that feel kind and nourishing...not overwhelming!

W

Wish: What would you love to work towards? Pick something meaningful and achievable for this season of your life.

O

Outcome: If this goal came to life, how would things feel different for you? What positive shift would you notice?

O

Obstacle: What obstacles might get in the way of you achieving your goal? This might be things like low energy, self-doubt, old habits, feeling stretched too thin or lack of skills/resources.

P

Plan: Create a simple 'If → Then' plan to support yourself.
For example: 'If I start to feel overwhelmed, then I'll pause and remind myself that I only need to take the first next step.'

SHORT-TERM GOAL (1-4 WEEKS)

Wish:

Outcome:

Obstacle:

Plan (If → Then):

MEDIUM-TERM GOAL (3-6 MONTHS)

Wish:

Outcome:

Obstacle:

Plan (If → Then):

LONG-TERM GOAL (6 MONTHS +)

Wish:

Outcome:

Obstacle:

Plan (If → Then):

WRITING A LETTER TO YOUR FUTURE SELF

For the last few years I have written a letter to my future self to open at the end of the following year, so I thought it'd be a great bonus activity for you too.

There is no right or wrong way to do this but here are a few pointers to get you started:

- *What do you want the next year to feel like*
- *Describe the person you're becoming*
- *What do you want to experience more of*
- *What do you want to reassure or remind yourself*

Put it in an envelope addressed to yourself to open at the end of 2026.

And there you have it - your 2025: wrapped!

If this activity showed you that you're craving clarity, confidence or need to address your burnout recovery, you don't have to navigate it alone.

My 1:1 coaching programme is designed to support people like you to rebuild their energy, career confidence and sense of purpose.

You can book a free 30 minute discovery call via my website - www.lifeincolour.club or via this link.

Here's to a 2026 full of joy, fulfilment and adventure!

Catherine x

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