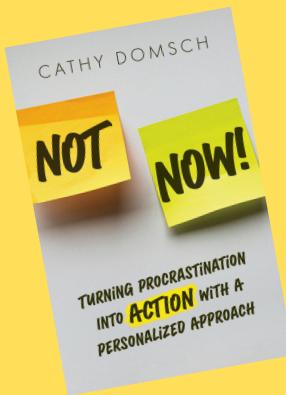


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LOOKING BACK TO MOVE FORWARD

As we approach the end of 2025, it's easy to rush into planning for the new year. But before we look ahead, let's take a moment to look back. Reflection is a powerful tool—it helps us recognize growth, honor challenges, and clarify what truly matters.

This is something I personally do every December. I grab a cup of coffee, sit with my journal, and ask myself three simple questions:

- What did I accomplish?
- What stretched me?
- And what do I want to carry forward—or leave behind?

It's amazing how much clarity comes from just giving yourself space to think.

Ask yourself:

- What were my biggest wins this year?
- What lessons did I learn—personally and professionally?
- What do I want to leave behind as I move into 2026?

"Reflection is the beginning of transformation." — Jim Rohn

This week, once you've taken time to reflect, I want to help you turn those insights into something visual, intentional, and energizing. That's why I'm sharing a **Vision Board Template** you can use to map out what you want to feel, build, and pursue in 2026.

Think of it as the bridge between your reflection and your direction — a way to translate what mattered this year into what you want to create next.

Whether you print it out or use it digitally, let it be a space where your clarity becomes possibility.

Get Started

Download the **Vision Board Template** and if you want support turning those ideas into a clear, grounded vision for the new year, I'm always here to help you shape what comes next.

Schedule a virtual coffee with Cathy to discuss ways we can assist you or your team with reaching your goals!