



AnaNogal.com

Closing the Year With Intention

Reflection Guide · December 2025 · [AnaNogal.com](https://www.AnaNogal.com)

What Does It Mean to Let Go Gently?

Letting go isn't failure. It's awareness.

It's the wisdom of pruning — releasing what no longer fits so you can grow in the right direction.

December isn't the finish line. It's the pause *before* the next chapter begins.

5 Journal Prompts for Gentle Closure

-  **What am I still carrying out of guilt — not meaning?**
-  **What no longer reflects who I've become?**
-  **Where am I evolving, even if I haven't acted on it yet?**
-  **What am I afraid to release, even though I know it's time?**
-  **What do I want to take into 2026 — with care?**

What to Release This Season

- Old goals based on outdated definitions of success
- Responsibilities rooted in guilt
- Habits that no longer align with your energy
- The need to rush into clarity or certainty



AnaNogal.com

Closing the Year With Intention

Reflection Guide · December 2025 · [AnaNogal.com](https://www.AnaNogal.com)



What to Carry Forward

- A deeper connection to your inner compass
- Permission to rest without guilt
- The truth you uncovered in stillness
- Any version of success that feels like *you*



Growth Takeaways

- ✨ You don't need more goals. You need more space.
- ✨ The truth you avoid might be your next direction.
- ✨ Letting go is how we make room for what matters next.



AnaNogal.com

Closing the Year With Intention

Reflection Guide · December 2025 · [AnaNogal.com](https://www.ananogal.com)



Your Reflection Map

Use this monthly map to summarise your insights. Complete it once — or revisit it each week.

 Release <i>One weight I'm releasing</i>	 Remember <i>One insight I'm carrying forward</i>	 Renew <i>One boundary I want to keep protecting</i>