

The Yearly Ritual 2025

Welcome to everyone who has decided to follow their intuition and begin this year end reflection exercise with me. You don't need to be ready, clear, motivated, or certain to begin.

This yearly ritual is an invitation to pause — to gently look back at the year that was, and to listen inwardly for what wants to emerge next. There is no right pace here. No pressure to complete every page. No expectation to “optimize” your life.

Only curiosity. Honesty. Care.

You may notice pride, grief, gratitude, regret, relief, or tenderness as you move through these pages. All of it belongs. Reflection is not about judgment — it's about witnessing. Intention is not about control — it's about alignment.

This practice is meant to be returned to over multiple sittings. You might light a candle, make a warm drink, or place a hand on your heart for a moment before you begin. You might skip questions that feel heavy and return to them later — or not at all. Trust what your nervous system is asking for.

As you reflect, see if you can hold yourself the way you would someone you deeply love:

with compassion, patience, and respect for the season you've been in.

This year has shaped you — even in ways you may not yet understand.

And the year ahead does not require a perfect version of you — only a more present one.

May this ritual help you come home to yourself.

May what you carry forward be chosen gently.

May what you release be released with care.

When you're ready, begin wherever feels easiest.

Your stylist and friend— Christine

Chroma Healing & Hair



THE YEARLY RITUAL

- A Guided Reflection & Intention Practice - 2025 EDITION -

How to Use This Workbook

This isn't a productivity exercise. You're invited to move at your own pace. Some questions may feel easy, others tender. You're welcome to skip anything that feels activating and return only if and when it feels right. Your body's responses are just as important as the words you write.

PART I

THE HIGHLIGHTS - *Moments that nourished your nervous system*

Best Surprise:

Moment I Felt Most Like Myself:

Favourite Meal (and who I shared it with):

A Day I Felt Present and Grounded:

A Small Moment That Meant More Than I Expected:

Favourite Place I Spent Time:

A Conversation That Shifted Me:

Something New I Tried (even if it was scary):

A Moment of Deep Rest or Relief:

A Moment I Felt Proud of My Growth:

PART II — THE YEAR THROUGH THE BODY

Because your body experienced this year first

- When did my body feel the safest this year?
 - When did it feel the most activated or overwhelmed?
 - What did my body ask for repeatedly?
 - What signals did I ignore?
 - What helped me regulate?
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PART III — THE REVIEW

SELF & INNER WORLD

What supported my inner stability this year?
Why?

What challenged my inner stability?
Why?

What did I learn about myself emotionally?

RELATIONSHIPS

What felt nourishing in my relationships this year?
Why?

What felt draining or misaligned?
Why?

What patterns did I notice in how I connect?

HEALTH & NERVOUS SYSTEM

What habits supported my wellbeing?

What habits worked against it?

What did my nervous system need more of?

PURPOSE, WORK & CREATION

Where did I feel most alive or expressed?

Where did I feel pressure, obligation, or contraction?

What did I learn about my capacity this year?

PART IV — THE LESSONS

- What expectations did I need to release this year?
 - Where did I push when I needed rest?
 - Where did I stay small when I was ready to expand?
 - What would I do differently with the same information?
 - What no longer feels aligned going forward?
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PART V — HARVEST & GRATITUDE

- My biggest internal win this year:
 - My biggest external win this year:
 - A pattern I broke or softened:
 - Something I'm deeply grateful for:
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PART VI — RELEASING THE YEAR

You don't have to carry everything forward

What I am consciously leaving behind from 2025:

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-

What I am choosing to carry with me:

-
-
-

PART VII -INTENTIONAL PLANNING FOR 2026

Led by alignment, not pressure

MY 2026 THEME

A word, phrase, or feeling:

NORTH STAR

- What matters most to me next year?
 - Why does this matter to this version of me?
 - How do I want my days to FEEL?
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INTENTIONS BY AREA

INNER WORLD

- How do I want to relate to myself in 2026?
- What emotional patterns am I ready to soothe or heal?

RELATIONSHIPS

- What kind of connection am I prioritizing?
- What boundaries will support this?

BODY & HEALTH

- What does care look like (not perfection)?
- What rhythms support my nervous system?

PURPOSE & WORK

- What do I want to create or contribute?
- How do I want my work to feel in my body?

SUPPORTIVE PRACTICES

- One habit I will focus on:
- One practice that helps me regulate:
- One way I will create more spaciousness:

FUTURE SELF CHECK-IN

Imagine yourself at the end of 2026.

- What are you proud of?
- What feels different in your body?
- What did you stop forcing?

CLOSING

You do not need to become someone else.

You are remembering who you already are.

Take a breath. This is enough. ♥

Created with care by Christine White. If this practice supported you, I'd love to hear.