



Reflection:

Taking Stock of Who You Are Becoming



The Human Story

From the podcast:

The Human Story

S2 E5 - 18/12/2025

Reflections - The Human Story Journey

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How to Use This Worksheet

Find a quiet space. Grab a coffee or a tea. Put your phone aside. Breathe deeply for a moment.

This is not about perfection.
This is not about judging yourself.
This is about noticing.

Take your time. Write honestly. Feel into each question rather than rushing through it.

Let's Begin



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Page 1

1. What defined this year for you emotionally?

What feelings appeared most often in your life this year?

- ☐ Joy
- ☐ Stress
- ☐ Hope
- ☐ Loneliness
- ☐ Gratitude
- ☐ Growth
- ☐ Sadness
- ☐ Peace
- ☐ Uncertainty

My thoughts:

2. What challenged you most this year?

What stretched you, broke you open, or demanded courage?

3. What are you proud of?

This may be visible success or inner growth no one else saw.



4. What did you survive that others may not know about?

5. Who showed up for you this year?

Who noticed you, supported you, checked in, or stood beside you?

6. Who did you show up for?

7. What relationships need more attention in the year ahead?



8. What relationships may need boundaries, distance, or release?

9. Where did you abandon yourself this year?

Examples: ignoring intuition, people pleasing, staying too long, over-giving.

10. Where did you honor yourself?

11. What truth did you finally accept?



12. Name 5 things from this year you are grateful for.

13. What gave you life this year?

People, spaces, habits, creativity, rest, movement, faith, nature.

14. What drained you repeatedly?

15. Where should your attention go next year?



16. If this year was trying to teach you one lesson, what was it?

17. What would your wiser self tell you right now?

18. What do you want more of in the next season of life?

19. What do you want less of?



Instead of resolutions, choose intentions.

This year I want to become someone who...

Three small habits I can begin now:

Take one slow breath in.

Exhale slowly.

Finish this sentence:

“I honour the person I became this year because...”

Final Reminder:

Growth is rarely dramatic.

It is often repetition.

Showing up.

Learning.

Adjusting.

Beginning again.

Continue the Journey.

The Human Story is a space for honest conversations about being human exploring psychology, spirituality, relationships, healing, and growth.

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