



365 Days  
YEAR-END  
REFLECTION  
JOURNAL

# *Welcome to Your Free Sample of the 2024 Year-End Audit Journal*

*Before stepping into 2025, it's important to take a moment to reflect on 2024 – to celebrate your wins, acknowledge challenges and draw meaningful lessons from the year.*

*This free sample offers a glimpse into our full digital journal, designed to guide you in auditing the past year and setting a strong foundation for the year ahead.*

*Inside, you'll find thoughtfully crafted prompts to help you assess what worked, what didn't, and how you can carry forward your growth into 2025. These pages are an invitation to pause, reflect, and ensure you're not repeating mistakes but building on your successes.*

*Take this sample as a small step toward greater self-awareness and intentional living.*

*If you find it helpful, the full journal dives deeper with more tools and exercises to help you plan for a purposeful and fulfilling year.*

*Here's to making 2025 your best year yet!*



# 2024 Reflection

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*2024 I am grateful for these top three things*

- 1.
- 2.
- 3.

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*Date*

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*2024, this good thing happened to me and I appreciate it because:*

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*2024, this not so good thing happened to me and this is how I handled it:*

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*2024, this thing made me happy:*

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*2024, I discovered this about myself:*

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*2024, this relationship ended and this is how I feel about it:*

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*2024, this relationship was restored and this is how I feel about it:*

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*2024, this goal was accomplished because:*

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*2024, this goal was not accomplished because:*

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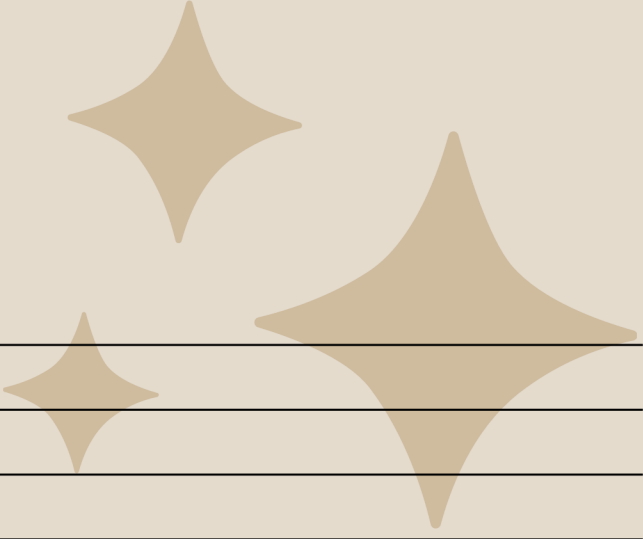
*2024, this loss made me feel:*

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*2024, I discovered this about my spending habit:*

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*2024, My savings goals were accomplished or not accomplished because:*

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*2024, I discovered this about my health and it made me feel this way:*

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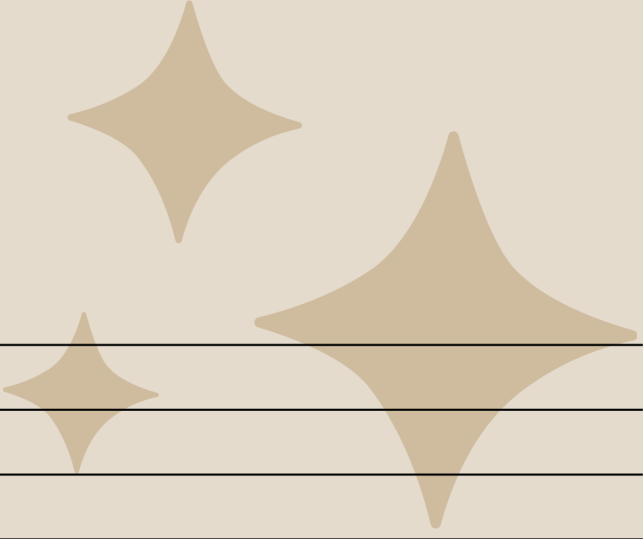
*2024, I discovered this about my eating habit:*

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*2024, My fitness goals were accomplished or not accomplished because:*

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*2024, I discovered this about my faith walk:*

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*2024, I grew or was stagnant in my faith walk because:*

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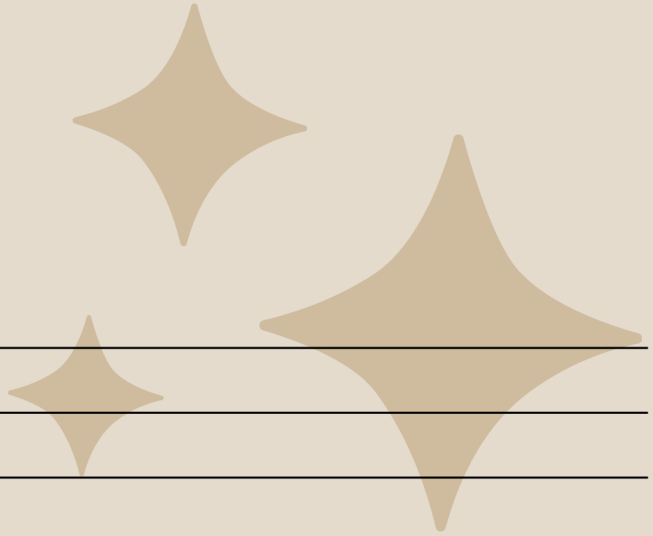
*2024, I discovered this about my career path:*

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*2024, My career goals were accomplished or not accomplished because:*

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*2024, I discovered this about having fun:*

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*2024, My goals to have fun were accomplished or not accomplished :*

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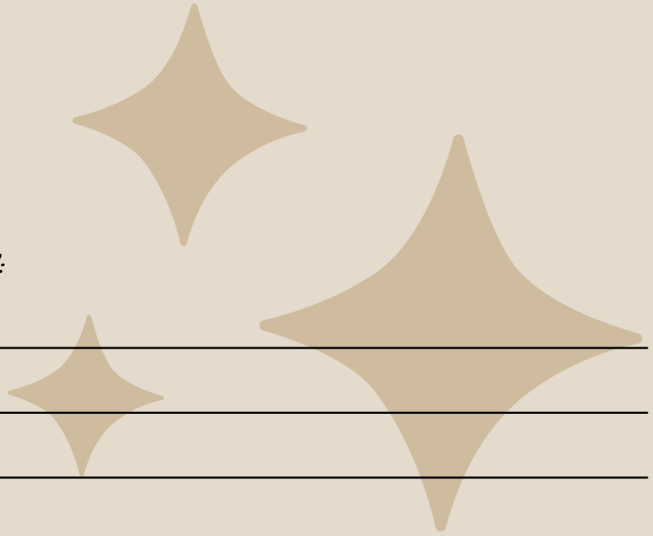
*2024, I quit this because and this is how it made me feel:*

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*2024, Doing this added value to my life because:*

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*2024, The best part about being alive is, because:*

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*2024, I'm letting go of this because:*

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2024, my thoughts:

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