



YOUR YEAR IN PERSPECTIVE: REFLECTING, RELEASING, AND MOVING FORWARD WITH INTENTION



► CELEBRATE YOUR WINS

Take time to acknowledge what you've accomplished—big or small. Recognizing progress builds confidence and helps you see how far you've come, even through challenges.

► REFLECT WITH KINDNESS

Looking back isn't about judging what you did or didn't do—it's about understanding yourself better. Be gentle as you reflect, and remember: growth often comes through the difficult moments.



► LET GO OF WHAT DRAINED YOU

Release habits, commitments, or mindsets that no longer serve you. Making space—mentally and emotionally—allows new energy and opportunities to come in the year ahead.





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► ACKNOWLEDGE YOUR STRENGTHS

You've faced challenges and kept going. Take a moment to notice the resilience, patience, or creativity you've built along the way. Those strengths will carry you forward.

► CHERISH MEANINGFUL MOMENTS

The most powerful memories often come from simple things—a laugh, a shared meal, or quiet time alone. Savor those moments and let them remind you what truly matters.



► SET GENTLE INTENTIONS

Instead of resolutions, think of intentions—simple, meaningful ways to care for yourself and grow. Focus on what feels right for you, not what feels expected.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.