

2025 REFLECTION & 2026 FLOURISH SHEET

This is your reality check and an opportunity to shape your reset
Grab a pen. Be honest. No one's marking this.

PART 1: 2025: WHAT ACTUALLY HAPPENED

1. One thing I'm genuinely proud of this year

Not what you should be proud of. What you actually are.

Maybe it's a decision you made, a boundary you held or a moment you handled well

Write it down. Don't dilute it. Pride is evidence - not arrogance.

2. One small move that made a bigger difference than I expected

Think 2mm Difference: A conversation, a question, a choice to act (or stop)

What did you do and what shifted because of it?

This is how momentum works.

3. Where I showed up with more intention than before

Not louder, not busier, just more deliberate. Maybe it was clearer communication, better prioritisation or choosing where to invest your energy

What does this tell you about how you work best?

4. One relationship that mattered to my career this year

Not networking in the vague hope that it will be useful, but instead a relationship that maybe helped you think better, made work lighter, opened a door or reminded you who you are

What did you do to nurture it; even in a small way?

5. One moment where I backed myself

This counts even if you were nervous, it wasn't perfect or if no one noticed except yourself. Backing yourself is a skill. Skills improve with use.

What did it cost you and what did it give you?

PART 2: 2026: LOOKING FORWARD WITH INTENTION

6. If I made just a few intentional moves next year, what would I want more of?

Circle one:

CLARITY. VISIBILITY. CONFIDENCE. ENERGY. OPTIONS. IMPACT.

You don't need all of them. You need one to start with.

Why is this one most important to you?

7. One small move I could repeat (not reinvent)

Not a big flashy transformation more a habit-sized action.

Finish this sentence:

"If I did more of _____, my career would quietly benefit."

That's your lever.

8. One thing I'm ready to let go of

Be honest: Is it a pattern, a role you've outgrown, a story you keep telling yourself

Letting go creates space for good things to happen.

9. One boundary that would protect my energy

Energy is key to performance.

- What will you say no to more quickly?
- What deserves less access to you?

10. My 2mm Difference for the next chapter

Keep this almost boringly small.

My next intentional move is:

I'll know it's working when:

Careers don't change because we overhaul everything.

They change because we notice what works AND do a little more of it on purpose.

Little moves.

Big careers.

If this reflection was useful for you...

The Little Moves, Big Careers podcast explores these ideas in real time through honest stories, practical insights, and small career moves. It's for people who do good work, want to maintain their integrity, and don't believe success has to come at the cost of burnout.

YOU CAN LISTEN WHEREVER YOU GET YOUR PODCASTS.