


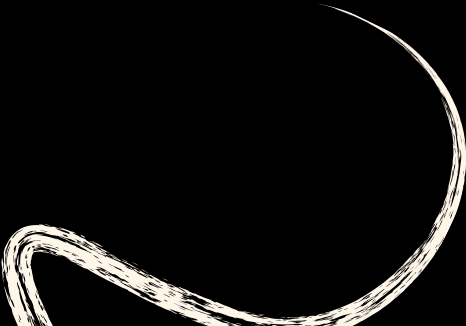


# REFLECT REFINE ✨ REINFORCE



A guide for stepping  
into a new year with  
clarity and intention.

## WHAT THE LAST CHAPTER TAUGHT YOU AND HOW TO LIVE FORWARD →



Forming habits that  
support the life you want  
to live in the year to  
come.



# Our Why

Most of us either drift into a new year without direction or lean on resolutions that rarely stick. Research shows that a large number of people give up on their New Year's goals within the first month, and only a small percentage maintain them long term.

This guide invites you to do something different. It helps you look back on the year that's ending, clarify what you learned, and turn those lessons into rhythms that actually stick. When learning shapes your habits, your year ahead begins with intention, not pressure.

This isn't about starting over.  
It's about living forward with clarity and purpose.

## Benefits

Following this guide will help you gain clarity about what truly shaped your last year, build strength through healthier rhythms, and step into the new year with habits that support your overall well-being.

### How to Use This Guide

Take it slow. Don't rush through the pages just to finish.  
Be thoughtful. Sit with the questions for a while. Listen as you write.  
Some answers will come quickly. Others will take time. That's normal.  
Give yourself permission to pause, come back, and take the time you need.

# Reflect

**Who have I become this year?**

This question isn't about judging yourself.

It's about noticing what your life has been forming.

Take your time with it. Let patterns surface before you rush to answers.

Write your answer here...

**Supporting Questions**

1. What rhythms or habits showed up most consistently in my life this year?
2. Where did I feel most alive, focused, or grounded?
3. Where did I feel drained, reactive, or stretched thin?
4. How did I typically respond when life felt stressful or uncertain?
5. What did my days train me to value most?

Write your answer here...

Awareness comes before change

To help in reflection we have included several tools of reflection on the next page.

### **The Calendar Look-Back**

Tool: Your phone calendar or planner

**Scroll month by month and ask:**

- What filled most of my weeks?
- Where was I rushing? Where was I steady?
- What season felt heavy? Which felt light?

**Your calendar tells the truth without emotion.**

### **The High-Low- List**

Tool: Notes app or journal

**Write three short lists:**

- High points
- Low points
- What I learned from bot

### **Camera Scroll**

Scroll through the photos on your phone from the past year.

As you look, pay attention to what you notice and what you feel.

Ask yourself:

- What moments did I choose to capture?
- What season shows up the most in my photos?
- Who appears often and who is missing?
- What do these images say about what mattered to me this year?
- What do these moments reveal about who I was becoming?

**Photos have a way of telling the story words sometimes miss.**



### The Faith Reflection

Tool: Scripture + quiet time

**Invite reflection around:**

- When did I sense God's nearness?
- When did I struggle to trust Him?
- What did this year teach me about dependence?

### The "If I'm Honest" Page

Tool: One blank page, no structure

**Prompt: If I'm honest, this year changed me by...**

Honesty often reveals the lesson we've been avoiding.

### The Prayer of Review

Tool: Quiet prayer

**A simple rhythm:**

- Thank God for what was.
- Ask Him to show you what mattered.
- Ask for wisdom to carry the right things forward.



# Refine

**What needs adjusting as I move into the new year?**

Refinement assumes there is already something good to work with.  
You're not starting from scratch. You're shaping what's already there.

Write your answer here...

**Refining Questions**

1. What patterns or habits no longer support the life I want to live?
2. What needs to be **done less** so it doesn't crowd out what matters most?
3. What is missing that would make my days healthier or more grounded?
4. What habit or rhythm needs to begin in this next season?
5. What needs to be strengthened because it consistently brings life?

Write your answer here...

Awareness comes before change

To help in reflection we have included several tools of reflection on the next page.

### **Refine Tool: The Keep / Adjust / Release List**

Tool: One page, three columns

Label the page:

- Keep
- Adjust
- Release

#### **Ask**

- What habits or rhythms should I keep as they are?
- What needs a small adjustment, not a full stop?
- What do I need to let go of in this next season?

### **Refine Tool: The Energy Check**

Tool: Journal or notes app

Write down:

- Three things that consistently gave me energy
- Three things that consistently drained me

#### **Ask:**

- What do I need more of?
- What do I need to reduce or limit?

### **Refine Tool: The One-Shift Question**

Tool: Quiet reflection

Ask:

- If I could make one small adjustment that would make the biggest difference, what would it be?

**Small adjustments made consistently lead to meaningful change.**



# Reinforce

**What will I consistently practice in the year ahead?**

Reinforcement is about strengthening what matters most.

Not big changes. Small practices repeated over time.

You're not trying to add more to your life.

You're choosing a few rhythms that support who you're becoming and committing to practice them consistently.

Write your answer here...

**Reinforcing Questions**

1. What habit or rhythm do I want shaping my days this year?
2. When will this practice naturally fit into my day or week?
3. What will help me stay consistent when life gets busy?
4. How will I return to this habit when I fall off?
5. Who could help reinforce this rhythm through encouragement or accountability?

Write your answer here...

Consistency, not intensity, is what forms a strong year.



### **The One-Habit Focus**

Tool: Write it down clearly

**Choose one primary habit to reinforce this season.**

Answer:

- The habit I will practice is:
- Why this matters to me:
- The smallest version of this habit I can return to:

### **The Miss-and-Return Plan**

Tool: Write a simple reset rule

**Decide ahead of time:**

- If I miss one day, I return the next.
- If I miss a week, I restart small.

### **Visual Cue**

Tool: Phone reminder, note, or object

**Choose one visible reminder:**

- A note on your mirror
- A reminder on your phone
- A physical object that signals the habit



The Closing

SteveNikki.com

# The Closing

## Remember

As you step into the new year, remember this: growth doesn't come from intensity. It comes from consistency.

Some days will feel easy. Others won't. That's part of the process.

When you fall off, return.

When things feel unclear, reflect again.

This isn't a one-time exercise. It's a rhythm you can come back to anytime.

The goal isn't a perfect year. It's a wiser, healthier one.

Move forward with clarity. Practice what matters.



## SteveNikki

Steven and Nikki have been married for over three decades and are the proud parents of three children and grandparents to six, with more on the way. For more than 25 years, they've had the privilege of walking alongside people through real life, as pastors, coaches, and guides in faith, fitness, and family.

They believe growth doesn't come from complicated formulas, but from ordinary wisdom practiced consistently. They care far more about being personal than professional and value relationships over appearances.

Their hope is that this guide helps you live with clarity, strength, and healthier rhythms in the year ahead.