

2024-2025



**These are the days...**

A look back in gratitude  
A look forward in hope

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TerapiafortheSoul



## *Guide Creator*



# DR. SAYRA GONZÁLEZ

There is something special about starting a new year.

Sometimes you need to understand where you've been in order to set a course for where you are going. This guide is meant to help you reflect on what you've experienced this past year while also helping shift your gaze forward to the possibilities of the next year. Remember, there is grace to hold you and love to guide you, always.





# What experiences or events **STOOD OUT?**

Think about the different aspects of your life. As you look back on 2024, what significant events or experiences stand out to you in each of these areas?

FAMILY LIFE- GIVEN OR CHOSEN

INTIMATE RELATIONSHIPS

CAREER/ PROFESSIONAL/ STUDIES

PHYSICAL HEALTH

MENTAL HEALTH

PERSONAL GROWTH

**...help me to believe the truth about myself, no matter  
how beautiful it is. ~Sr. Macrina Wiederkehr**



## **When did you feel most like yourself this year?**

- Where were you?
- Who was around you?
- What were you doing?





# Let's talk about **DECISIONS**

Let's take a look at the decisions, goals, dreams, and risks  
you've engaged in this past year.

**Q1**

What is the most  
important goal you've  
completed this year?

**Q2**

Where did joy surprise  
you this year?

**Q3**

What was the biggest  
risk you took?

**Q4**

If this year taught you  
anything, what did it  
teach you?

**What was the most important thing you did for others this year?**



**What was the most important thing you did for yourself this year?**



# DISCOVERY

What important thing did you discover about yourself this year?

What was the biggest challenge you faced this year?  
How did you face it?  
What helped?  
What didn't?

Who showed up for you this year?

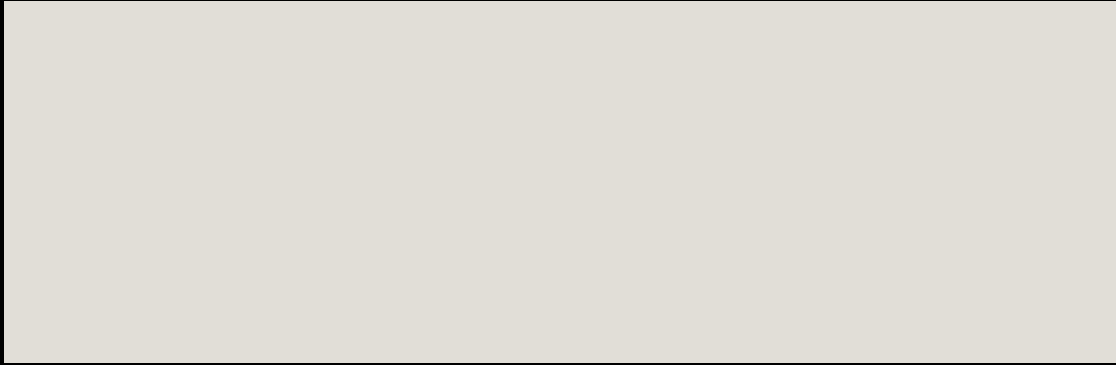




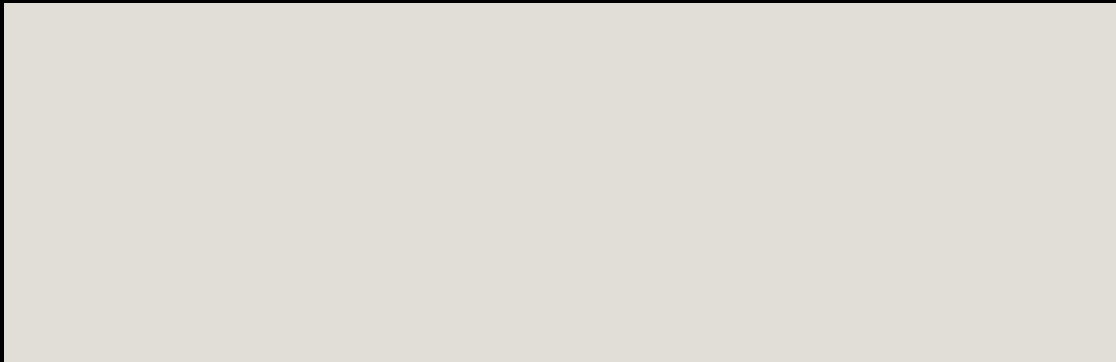
**WHAT IS A 2024 MEMORY THAT  
IS GOING INTO THE HIGHLIGHTS  
REEL OF YOUR LIFE?**



**What do you want to hold on  
to from this year?**



**What do you want to release?**





# Let's talk about **WHAT YOU WANT**

Let's take a look at the things you want in the new year.

**Q1**

What do you want to discover in 2025?

**Q2**

What do you want to say "No" to?

**Q3**

What do you want to connect with?

**Q4**

What is a spark you want to feed this year?

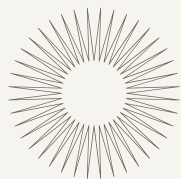
# Change



What needs to change to get closer to the life that you want?

What do you want to create more space for in this year?

What healthy boundaries can you set for your wellbeing?



# CARE IN 2025

How can I take better care of...



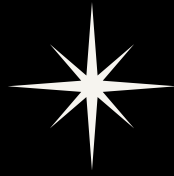
MYSELF



FAMILY



COMMUNITY



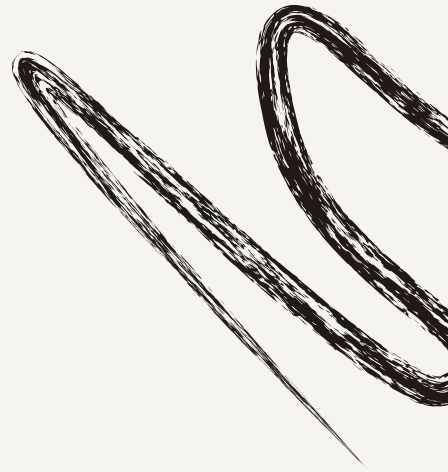
**My advice to my 2025 self is...**



**My word for 2025 is...**



**SOME THINK TIME IS A CYCLE,  
SOME MEASURE IT WITH A  
LONG SLENDER RULER, BUT NOW  
I CANNOT GET AWAY FROM ITS  
NATURE OF MYSTERY, THAT WHAT  
I THINK MIGHT BE TIME HAS SUDDENLY  
CHANGED BEFORE MY EYES.**



**HOW CAN TIME FEEL SO TIMELESS?  
HOW CAN IT FOLD IN ON ITSELF?  
HOW AM I FOLDED IN ON MY OWN LIFE?**

**TIME IS NOT CLOCKS, AND EVEN THOUGH  
IT IS THE SEASONS THAT SHIFT AROUND US,  
IT IS THE ELEMENTS THAT BRING US BACK  
TO OURSELVES, THE INNER SEASONS THAT  
MOLD AND STRETCH US, UNENDING AND  
SOMETIMES INSECURE, SEASONS OF TOTAL  
LIMINALITY THAT DEMAND WE BECOME  
LIKE PUTTY IN ORDER TO FALL BACK  
INTO OUR OWN SACRED REALITIES.**



**SOMEHOW, TIME IS THE PRESENCE  
THAT CALLS DREAMS FROM US  
AND ASKS US TO CONSIDER  
WHAT IT MEANS TO COME HOME,  
WHAT IT MEANS TO BELIEVE  
THAT TIME IS THE VERY THING THAT  
MAKES US LONG FOR  
A LIFE OF PRESENCE**



**BY KAITLIN CURTICE  
AUTHOR, POET, POTAWATOMI CITIZEN NATION**

# 2024-2025 SELF-REFLECTION GUIDE

WE DON'T HAVE TO  
NAVIGATE  
CHALLENGING TIMES  
ON OUR OWN.



I am a bilingual clinical psychologist, consultant, and educator who works with individuals and couples struggling with inner conflicts such as depression, anxiety, grief, and trauma with the goal of supporting them toward leading healthier, more authentic, and fulfilling lives. You can find me at [www.sayragonzalez.com](http://www.sayragonzalez.com) and on social media at Terapia for the Soul.

Online and in-person appointments are available.  
Services are provided in English and Spanish.