

New Chapter Reflection Workbook

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Contents

INTRODUCTION	3
Part 1: The Past Audit (The Rearview Mirror)	4
Part 2: The Wisdom Harvest (Identifying Lessons)	5
Part 3: The Great Release (Leaving it Behind)	6
Part 4: The Future Spark	7

New Chapter Reflection Workbook



Closing the Chapter on the past to Make Space for the future

Name: _____

Date: _____

INTRODUCTION

Welcome to Your Fresh Start

Before we rush into the "new chapter, new you" energy, it is vital to pause. You cannot build a new house on a cluttered foundation.

This workbook is designed to help you harvest the wisdom from the past 12 months, acknowledge your growth, and gently set down the heavy luggage you don't need to carry forward.

How to use this workbook: Find a quiet space where you won't be interrupted for 30 minutes. Grab your favorite pen and a drink. Be honest with yourself—no one else needs to read this but you.

Part 1: The Past Audit (The Rearview Mirror)

Goal: To objectively review the past without judgment.

1. **The Highlight Reel** Scroll through your camera roll or calendar from the past 12 months. What were the 3 moments where you felt most alive, proud, or at peace?

- _____
- _____
- _____

2. **The Unexpected** What is one thing that happened in the past 12 months that you didn't plan for, but ended up being a blessing in disguise?

3. **The Challenge** What was the hardest thing you had to do in the past 12 months? How did you handle it, and what did it reveal about your resilience?

Part 2: The Wisdom Harvest (Identifying Lessons)

Goal: To turn experiences into data for the future.

4. The Energy Audit

What gave you energy in the past 12 months? (Specific people, projects, habits):

- _____
- _____
- _____

What drained your energy in the past 12 months? (Specific obligations, mindset traps, clutter):

- _____
- _____
- _____

5. The "Time Capsule" Message If the "You" of today could travel back in time, what one piece of advice would you give yourself?

6. The Definition of Success How has your definition of "success" changed in the past 12 months?

Part 3: The Great Release (Leaving it Behind)

Goal: Conscious uncoupling from bad habits and old stories.

7. **What are you tolerating?** Write down 3 things you are currently tolerating in your life (e.g., a messy desk, a vague boundary with a friend, a negative self-talk loop) that you are unwilling to tolerate in the future.

- _____
- _____
- _____

8. **The "No" List** To make room for a "Yes" in the future, you must say "No" to something else. What are you leaving in the past?

- I am leaving behind the need to: _____
- I am leaving behind the relationship with: _____
- I am leaving behind the habit of: _____

9. **The Closing Ritual** Write a short "Goodbye Letter" to the past below. Thank it for the lessons, acknowledge the hardships, and declare the past complete.

Part 4: The Future Spark

Goal: Setting a feeling/intention rather than hard goals.

10. **The Word of the Year** If the next 12 months had a theme song or a single guiding word, what would it be? Why?

My Word: _____

Why I chose this word:

Final Affirmation

"I step into the future lighter, wiser, and ready for what's next."

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About the Author

I'm Alida van Staden, a registered Life and Business Coach and the founder of Equip Motivated Women. My passion is to help women rise above limitations, embrace their inner power, and live bold, joyful, and purpose-driven lives.

My philosophy is simple: when you choose to own your dreams, you don't just transform your life—you inspire generations.