

Reflection Guide: Supporting Your Nervous System in the Year Ahead

A gentle space to reflect on what this year held and consider what your nervous system may need next.

What did your nervous system hold this year?

As you look back, consider the experiences that shaped you. What felt heavy, what required strength you didn't feel, and what your body carried even when your mind kept going?

What helped you stay grounded or connected?

Think about the small moments or people who softened the tension, even briefly. Noticing what supported you helps guide what you may need more of.

What patterns are you beginning to outgrow?

These may be strategies that protected you once but feel heavier now. Noticing them isn't about judgment. It's about recognizing your growth.

This worksheet is for reflection and personal insight. It is not a substitute for therapy.
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What do you want next year to feel like in your body?

Not goals or resolutions. Just the sensations or emotional states you want more of.

What commitments can support that feeling?

Choose small, compassionate commitments that honour the version of you that's emerging.

Who can support you as you grow?

Support changes the way your nervous system carries stress. Consider who or what helps you feel seen.

A grounding sentence for the year ahead

Complete the sentence below.

Next year, I want to move through my life with more _____ and less _____.

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