

WFWP USA: Embracing the New Year with Hope: Journaling to Reflect on 2025

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As we close out the year and prepare to welcome a fresh chapter, this month's Spark of Inspiration takes a slightly different form. We're inviting you to become the spark - by turning inward. December is a time for gentle pause and honest reflection, so I've curated a set of meaningful journaling prompts to help you look back on 2025 with gratitude, clarity, and hope. As you write, may you rediscover your own strength, vision, and the quiet inspiration that lives within you.

1. Reflect on Who You've Become This Year

Every year shapes us in ways both subtle and transformative. Take a moment to describe your 2025 self in three words. Why these three? What experiences, achievements, or hardships formed them?

2. What Are You Thankful For?

Gratitude often softens the heart and opens us to joy, even in uncertain times. List the people, experiences, or small daily blessings that sustained you this year. Think about how such things have changed the way you show up to the world and yourself.

3. What Moments Taught You the Most?

Hindsight is a powerful teacher. Think about a few key moments (big or small) that offered clarity or challenged your assumptions. How did these experiences help you grow?

4. What Do You Feel Uncertain About Right Now?

Reflection can help transform uncertainty from a source of anxiety into a space for possibility. Write honestly about the unknowns you're currently facing. What fears, questions, or transitions are unfolding in your life?

Closing Note: Have the Courage to Hope!

Myself, as a high school senior going through the college admissions process, the weight of uncertainty has never felt so heavy. But in moments of fear, it's important to ground yourself in gratitude for yourself and others. Thus, I encourage readers to remember that even when the path ahead feels unclear, hope is the light that helps us take the next step. As you reflect on your year, it's okay to feel dissatisfied or regretful at some moments. But don't let this take away from your hope for better moments in the next year. As we enter a new year, may you carry hope with you. After all, it's one of the greatest gifts we can hold.