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WORKSHEET

Reflecting on the Ordinary as We Step into 2025

by Kalika

This worksheet is inspired by the silent moments that helped me reconnect with the power of the ordinary.

Use it to reflect, reframe challenges, and set a grounded intention for the new year.

Step 1. Notice the Ordinary

Write down three seemingly mundane things in your daily life:

1. _____

2. _____

3. _____

Step 2. Reframe a Frustration

Think of a recent moment of frustration. Answer these questions:

- What lesson might this moment hold?
- How could I approach it differently next time?
- How does this moment serve my bigger goals?

Step 3. Practice Gratitude

List three small things you're grateful for today:

1. _____

2. _____

3. _____

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Step 4. Set an Intention for 2025

Write one small habit, mindset, or action you'd like to cultivate in the new year:

In 2025, I will:

_____

_____

_____

The most powerful shifts often come from the smallest realizations.

By noticing the ordinary and reflecting on its significance, you'll enter 2025 with clarity, gratitude, and intention.

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SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT.

— ROBERT COLLIER

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