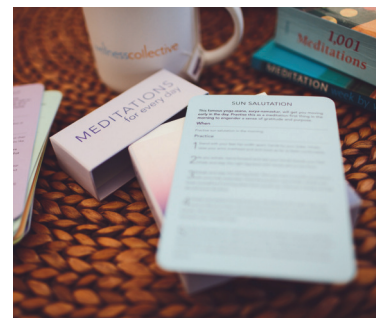


Happy 2025!

We wish you nothing but great health & happiness in the year ahead!

The Wellness Collective Team



Connect with Us!

Facebook: Wellness Collective

Instagram: @wellnesscollectiveatwork

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Cheers to the next 12 months and may it be full of **connection, collaboration** and **creation!** Below you'll find monthly themes and associated reflection questions for the year ahead. We hope you'll consider using these in your workplace or home. The environment, meaning your immediate surroundings, can influence thoughts and actions – so why not evoke a whole lot of **discovery** and **drive** all year long? Alternatively, use these prompts to open meaningful conversations at the beginning of a team meeting. If any of the reflection questions don't resonate with you, simply rewrite it to better suit your needs and intentions.

Feeling motivated to chat further? Email info@wellnesscollective.com.

JANUARY – MASTERY

What skill(s) or abilities would you like to have readily available? How could you get started?

MARCH – CELEBRATION

How do you enjoy good news? What could you start – or continue – doing when good things happen?

MAY – OPTIMISM

Which aspect(s) of your work or life could benefit from a more positive perspective? What could help you to feel more hopeful and trusting that good things will continue to happen?

JULY – ADAPTABILITY

In which scenarios would flexibility or willingness to evolve most benefit you?

SEPTEMBER – FLOW

What types of tasks (personally or professionally) bring you feelings of contentment, satisfaction in the process and a sense that “time flies”?

NOVEMBER – KINDNESS

How do you like to give and receive thoughtful gestures? When will you next put these into action?

FEBRUARY – PASSION

What could you talk about for hours because it lights a fire within you? How does – or could – this fit into your life?

APRIL – RESILIENCY

What empowers you to bounce back from challenges or demands?

JUNE – IDEATION

What ideas do you have about how to contribute to or improve the world around you?

AUGUST – BOUNDARIES

What types of limits could you set to better support your health and well-being?

OCTOBER – COURAGE

In what ways have you exhibited past bravery and where in your life might that support you now?

DECEMBER – RESTORATION

If you could rest and recharge for an entire weekend, what could that look like?