

**2025 Winter Solstice Pop - Up**  
**Camille Albrecht December 27, 2025**

**Personal Reflection and Review of 2025**

This is a time for self-compassion, not self-criticism. Let's approach this review as a wise observer rather than a judge, taking an honest, courageous inventory of the year.

1. What nourished you?
  - a. Choices you made
  - b. Habits you followed
  - c. Your associations – people in your life
  
2. What are you ready to keep and nurture?
  
3. What drained you or led you away from what matters most to you?
  - a. Choices you made
  - b. Habits you followed
  - c. Your associations – people in your life
  
4. What are you ready to lovingly release?
  
5. What did you learn about yourself this year?