

# Write Your 2025 Reflection Poem



A Step-by-Step Guide  
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Welcome! Thank you for picking up this guide.

2025 is almost over. But if you're like me, you're already thinking back and trying to remember what the year was all about.

*What happened this year? What changed in my life? How did I change?*

There are lots of “year in review” templates that will help you tally up your wins and losses. And those can be really helpful!

**But I wanted to make something different.** Something to capture the tides moving beneath all the ups and downs. Something you might cherish for years to come.

That's what poems are for.

A poem is like a clown car for human experience. It's this tiny little vessel, but open it up and a whole world rushes out. Or in our case, a whole year.

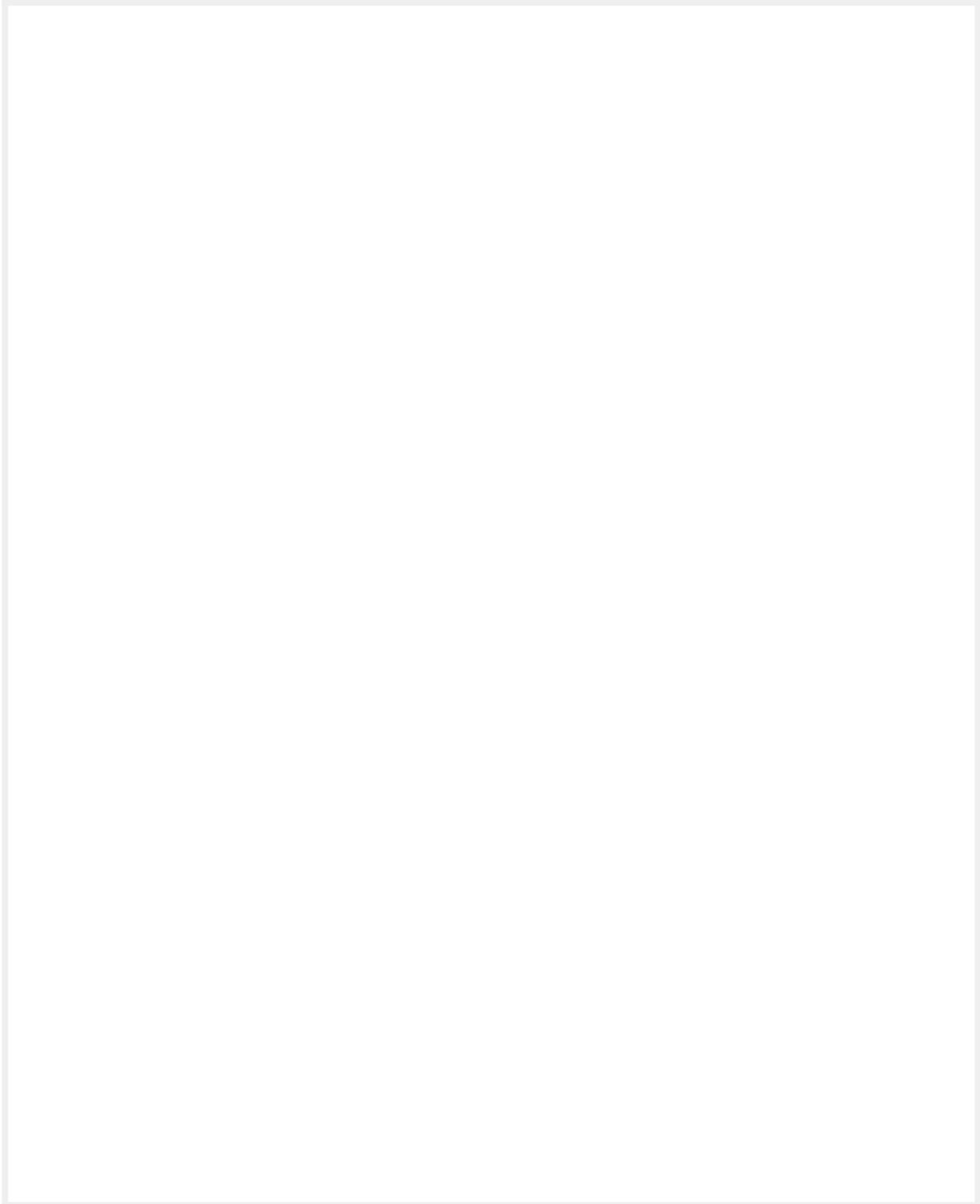
So below you'll find a 4-step process for writing *your* year-end reflection poem. Here are a few tips to get the most out of it:

- Don't skip ahead. Try to complete each step before reading on to the next one.
- Set aside about an hour for it. It's great if you want to spend longer, but try not to rush through it.
- Make it your own! This is poetry, not baking. Wanna tweak the recipe? Add different ingredients? Do it!
- [Tag me on Instagram](#) with your finished poem! I'd love to see what you create.

I hope you get as much out of this process as I have.

Warmly,  
James

1. (*10 min*) Look through your photos and calendar from 2025. In the space below, note down the events that feel important and any moments or images that feel poignant. (Don't worry about going into detail—for now it's enough just to name them.)



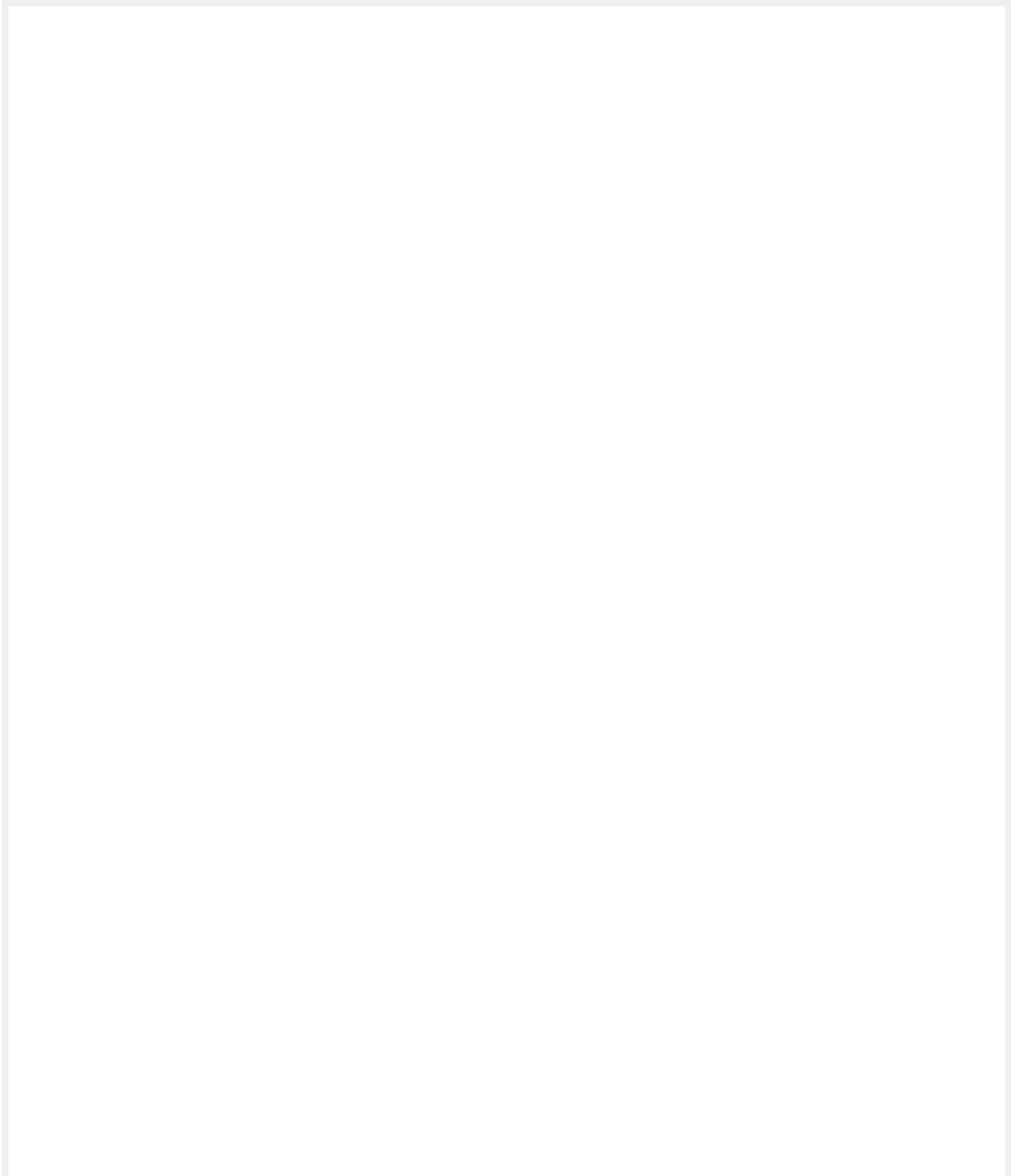
2. (10 min) Write a note to the person you were a year ago, to prepare them for 2025.

- What's going to happen in their life?
- How will it feel to live through it?
- Who will they become?

A large, empty rectangular box with a thin grey border, intended for writing a note to a person from a year ago.

3. (10 min) Now write a note to your future self, seven years from now, to tell them where you're at now and ask any questions you have.

- What crossroads are you at?
- What do you long for in your life?
- Who are you becoming?

A large, empty rectangular box with a thin grey border, intended for writing a note to one's future self. The box is currently blank.

4. (30 min) Now it's time to write your poem! The prompt below will guide you through it. Use the answers you wrote above to inspire how you fill in the parentheses. Be playful with it! Cut out parts of the prompt, add to it, or throw it out entirely. Write two or three completely different versions, if you want. All that matters is ending up with something you love.

If you would have shown me  
a year ago the way the (noun)  
would (verb) over my (noun),  
or how (adjective) the (noun)  
would get inside my (noun),  
I don't know how I would have  
(verbed) into the (noun), or  
what could have (verbed) my heart  
for the (noun). But this morning  
the sun rose over my (noun)  
and with a new (noun) I opened  
the door and stepped out, knowing  
as I've never known before...  
(finish the poem however you'd like!)

I'd love to see what you create if you're willing to share. Post your finished poem to Instagram and tag me (@jamesapearson) to make sure I can see it. But most importantly, I hope this process gives you a glimpse of what was most important to you this year, and who you're becoming as you belong deeper into your own life.