

Sofia Kakkava

VISION QUEST 2025

TRANSFORM REFLECTION INTO BOLD INTENTIONS FOR 2025





What is Vision Quest?

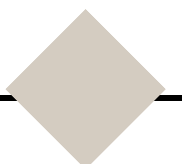
Hi there, and welcome to your Vision Quest 2025!

This isn't just another workbook—it's a space just for you. A place to pause, reflect, and get crystal clear about what truly matters to you. These pages are your companion as you reconnect with yourself, your dreams, and your vision for the year ahead. Think of it as your personal guide, helping you find direction and tap into your full potential.

You've got this! This is your time to design a life that feels exciting and meaningful. So, let's dream big, set intentions that inspire you, and take confident steps forward. Your 2025 starts here, and I'm so honored to be part of your journey.

Let's make it unforgettable together!

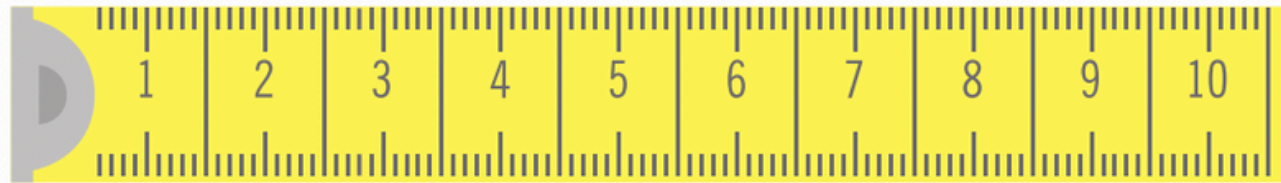
Sofia Kakkava



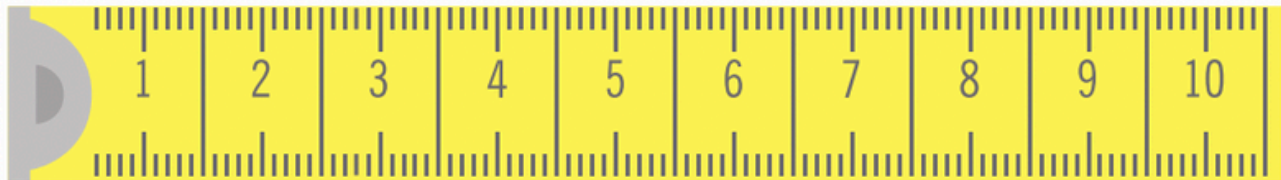
THE MEASURE OF LIFE 2024

Rate, on a scale of 1 to 10, where you think you sit in the following life categories (10 is the best possible)

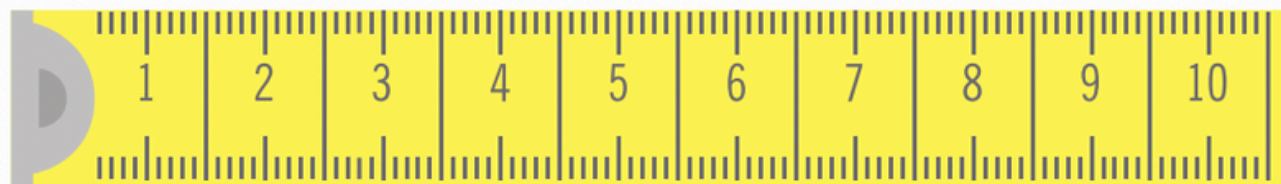
PERSONAL



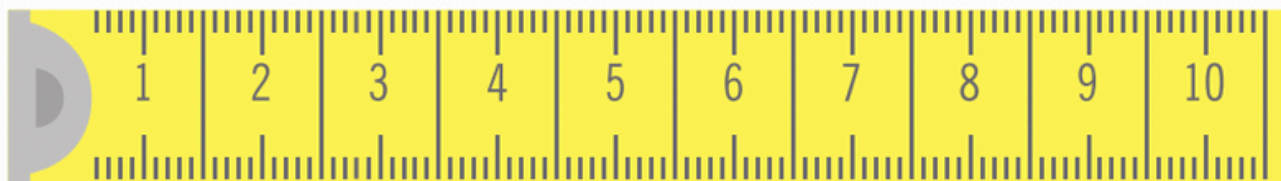
WORK



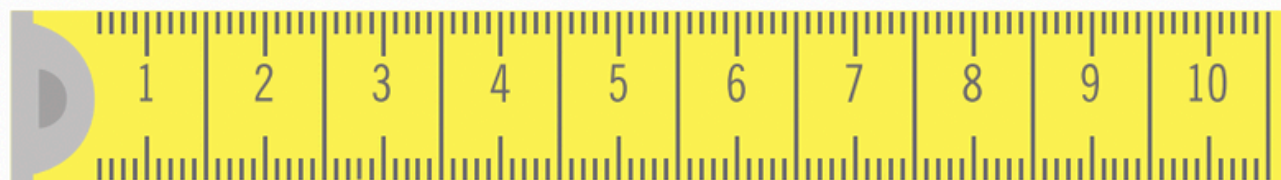
FAMILY & FRIENDS



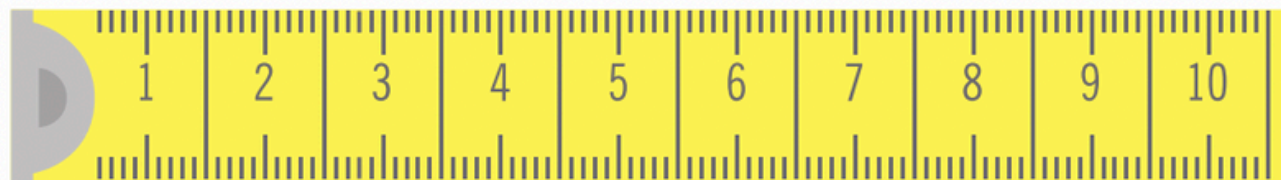
HEALTH



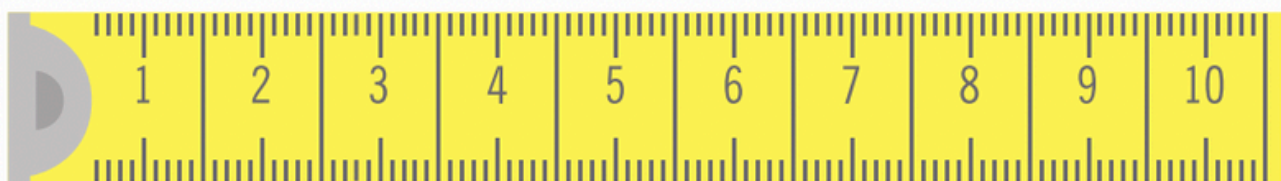
SPIRITUALITY



**LOVE
RELATIONSHIPS**



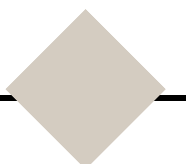
FINANCES



LEARNING & GROWTH

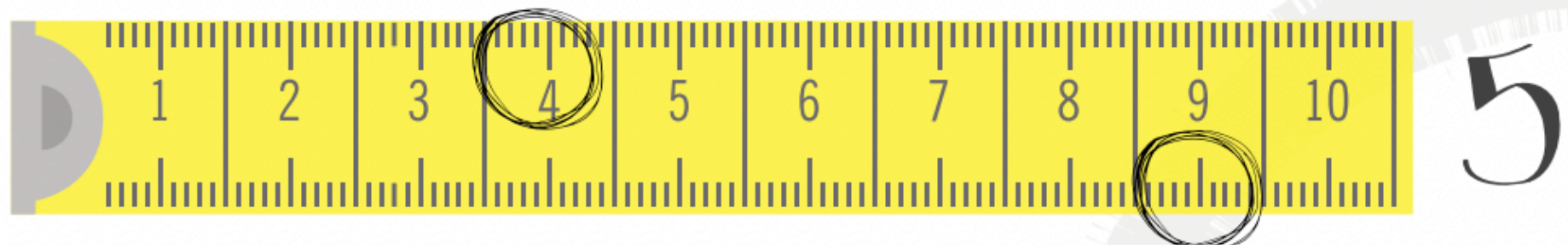


FUN

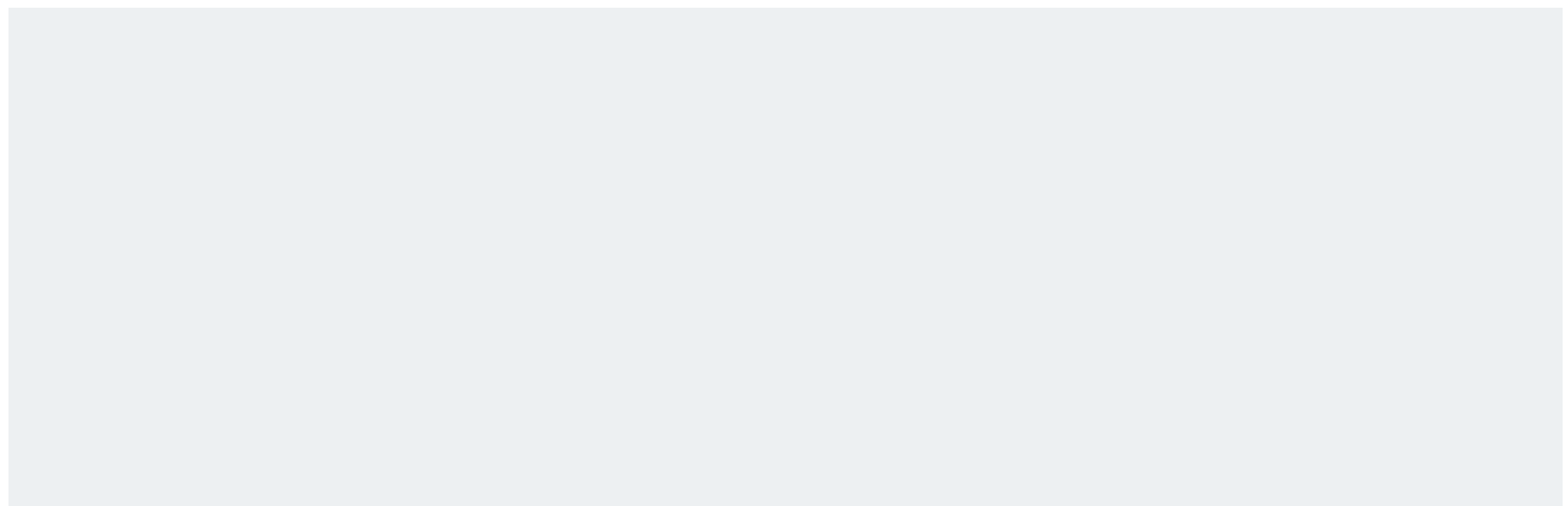


(2) Now, on a scale of 1 to 10, rate where you want to (realistically) be at the end of the next year in that category?

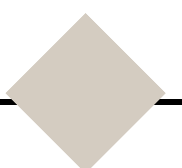
Once you have completed (2), calculate the difference between your response to (1) and (2). See example below.



Look at your response to the question above. Which of your categories has the highest number in your calculation? This number identifies the category with the biggest gap.



Improving this area is going to improve your overall sense of well-being and trickle into other areas of your life.



QUESTIONS TO REFLECT ON 2024

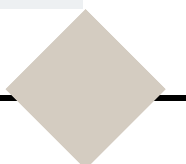
What word best describes how 2024 felt for you overall?

What were the most defining moments of 2024?

Looking back, what did 2024 teach you about yourself, others, and life?

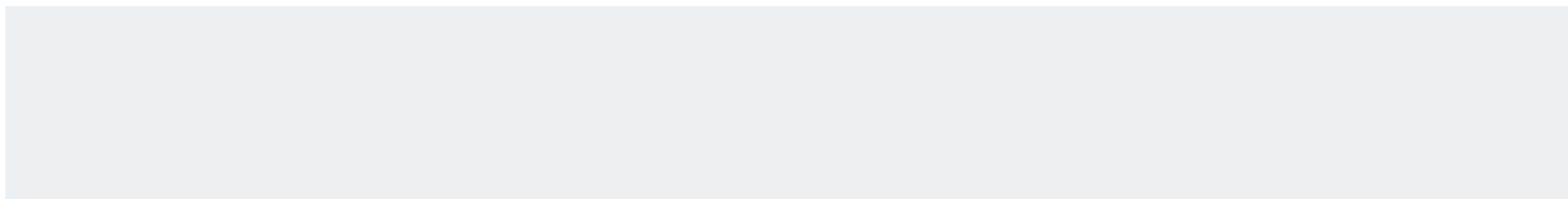
What challenges did you face in 2024, and how did you overcome them?

What habits, thoughts, or actions helped you grow the most this year?

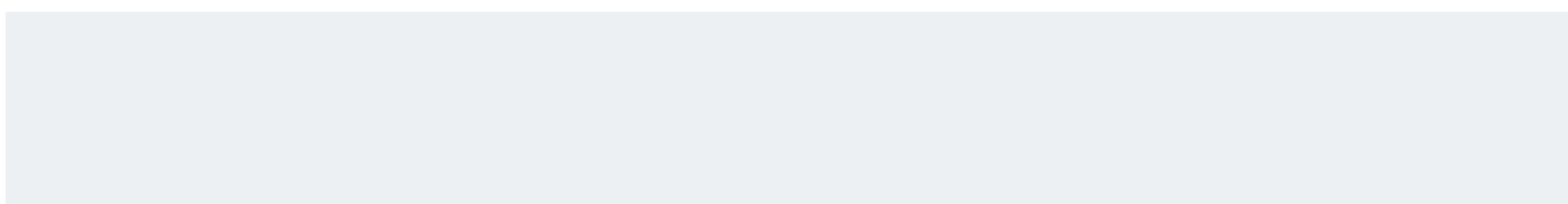


QUESTIONS TO REFLECT ON 2024

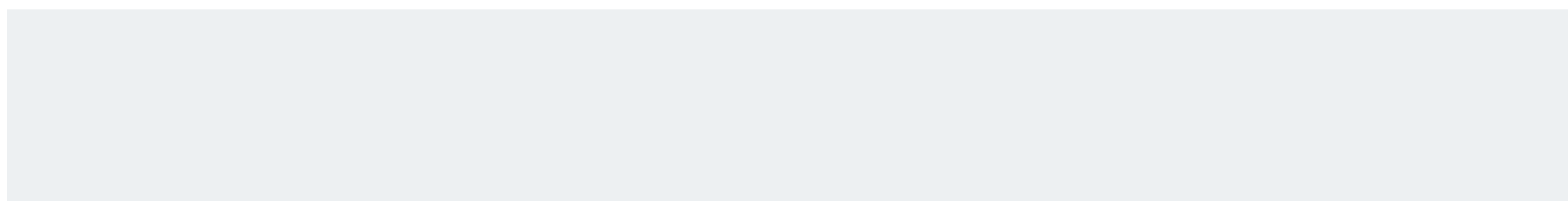
What are your proudest achievements in 2024—big or small?



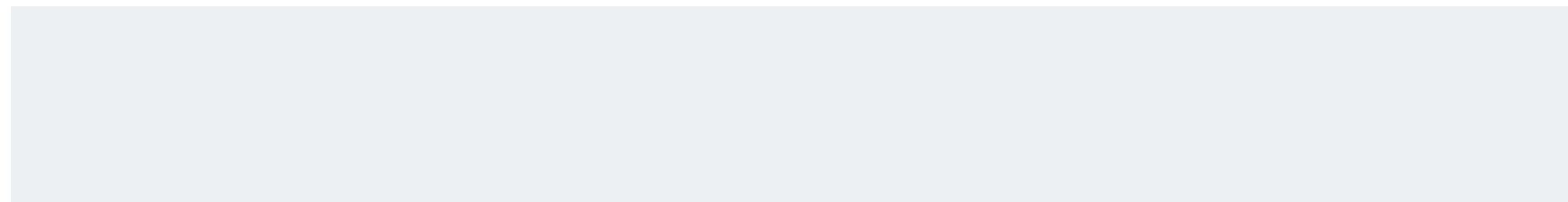
What are three things you are most grateful for in 2024?



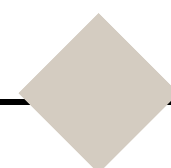
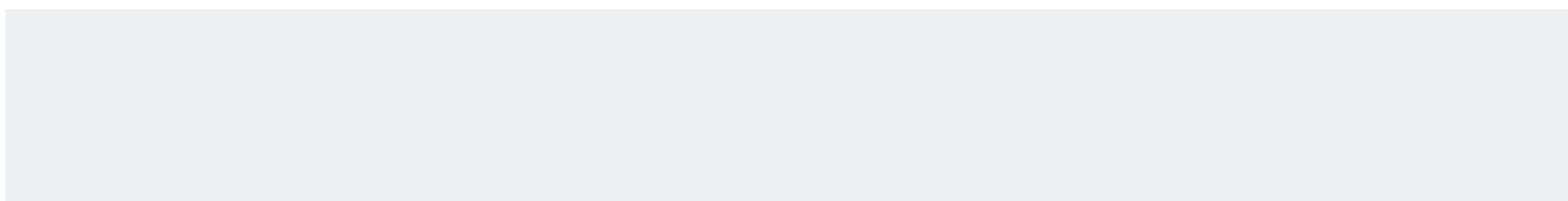
Who or what supported you the most this year?



What emotions or patterns held you back in 2024 that you want to release?



What fears or limiting beliefs no longer serve you as you move forward?



Which relationships brought you the most joy and fulfillment in 2024?

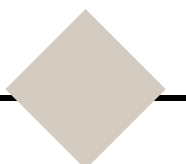
Blank response area for the first question.

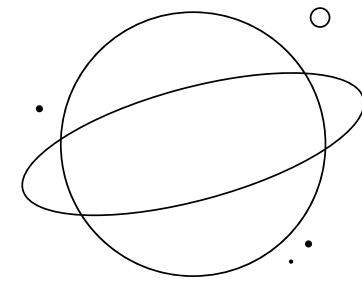
Were there any relationships or dynamics that drained you?

Blank response area for the second question.

What do you want to thank 2024 for?

Blank response area for the third question.





AWARENESS

Which of your activities aligned most with your goals or values in 2024?

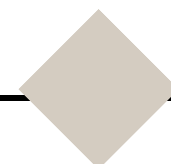
What activities consumed time but did not bring fulfillment or results?

AMEND

What are 2 specific changes you can make to how you spend your time and energy in 2025?

APPLY

Given your responses above, what changes can you implement in your life starting in 2025 in order to spend more time and energy in the areas you want to?



Let your vision quest begin...

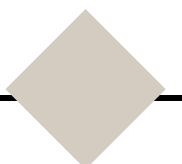
New Year's Meditation

Take a moment to center yourself. Sit comfortably, close your eyes, and take a deep breath. As you inhale, feel calmness filling your body; as you exhale, release tension and distractions. Let a sense of balance and stillness gently wash over you.

Now, picture yourself in a serene space—a room that symbolizes the year that has passed. As you look around, notice the memories, emotions, and experiences that have filled this chapter of your life. Greet them with gratitude, knowing they have shaped who you are today.

Gently rise to your feet, and with each step toward the door, release what no longer serves you. Acknowledge the lessons, celebrate the growth, and allow the past to rest with peace. As you step through the door, feel a wave of liberation and lightness.

You now find yourself standing in an open, expansive space filled with possibility. The air feels fresh, alive with potential, and each step forward represents your journey into the new year. Take a moment to notice the colors, sounds, and sensations around you—this is the blank canvas of 2025, waiting for you to create.



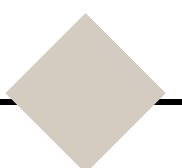
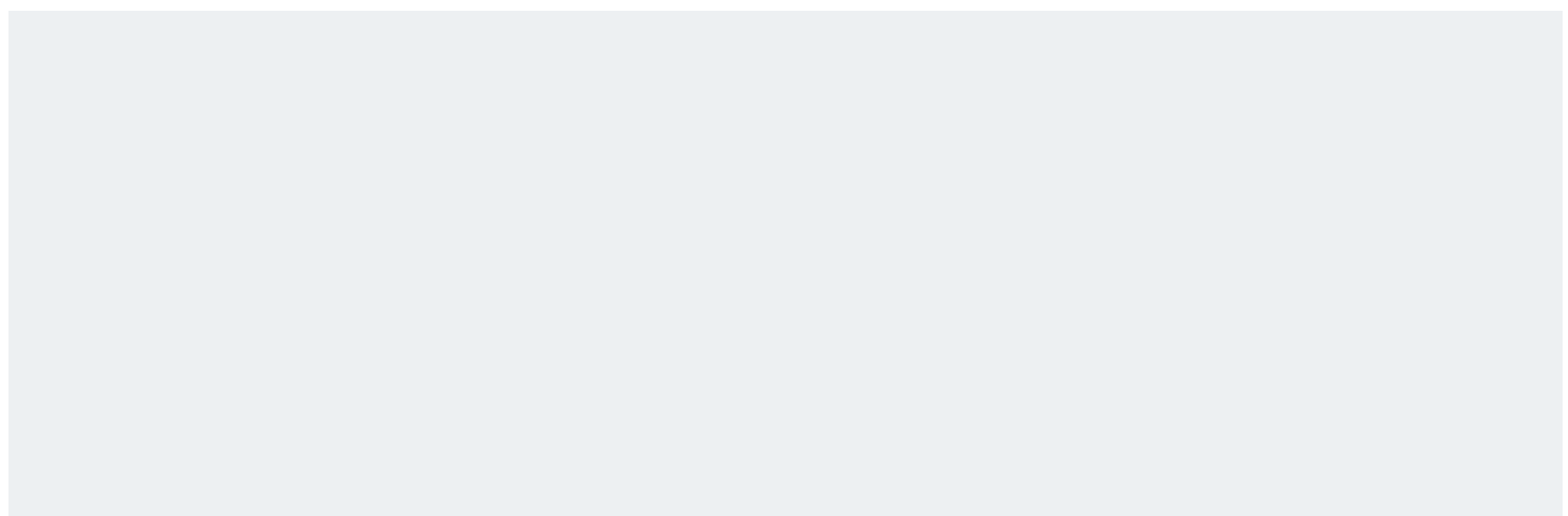
n your hands, you hold a book of your life's story. You've just closed the chapter of 2024. As you turn the page, you see a blank canvas—Chapter 25. This chapter is yours to fill with dreams, aspirations, and bold actions.

Take a moment to imagine the title of this new chapter—what name captures your vision, hopes, and intentions for the year ahead? Let this title resonate deeply within you, becoming a guiding light for your journey.

Now, imagine a warm glow surrounding you, filling you with clarity and inspiration. You see a sanctuary ahead, a safe space where you can dream freely and map out your vision. Take a deep breath in, allowing this sense of freedom to expand, and exhale slowly, releasing any lingering doubts or fear. Repeat this cycle, anchoring yourself in calmness and possibility.

When you feel ready, gently guide your awareness back to the present moment. Carry with you the clarity, tranquility, and sense of purpose you've discovered during this meditation.

What is the name of chapter 25 in your life?



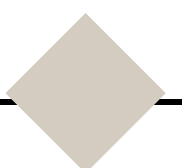
THINGS YOU WILL STOP OR LIMIT IN 2025

It's important that we're intentional for this next chapter of our life. One of the biggest mistakes is that we bring all of our baggage into the new year and we hope to achieve more in the new year. Yet we haven't removed the old and created space for the new. By releasing these, you open doors to new possibilities and healthier patterns.

What is the one habit I want to let go of?

What is one thought I want to let go of?

What is something I want to stop wanting or wishing for?



What do I want to stop spending on? Money & Time?

Empty response box for the first question.

What is something I want to stop eating or drinking?

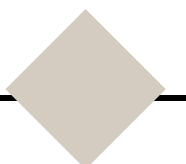
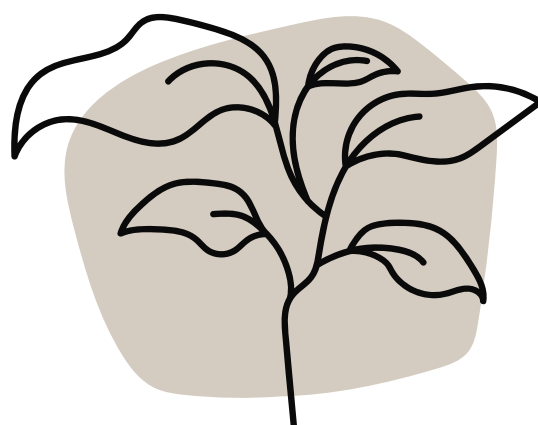
Empty response box for the second question.

Who is someone I want to stop seeing?

Empty response box for the third question.

Behaviors that don't serve me anymore

Empty response box for the fourth question.



WORD OF THE YEAR

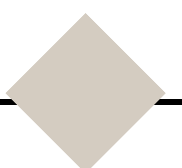


My Circle of Positive Influence

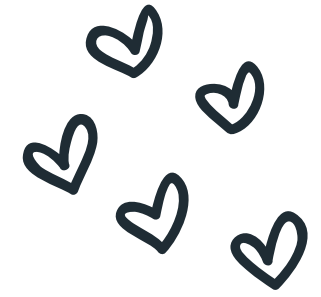
5 Must-Experience Goals for 2025 (Bucket List)

Primary Goals for Immediate Action

Key Learnings and Growth Areas



WORD OF THE YEAR



Financial Milestones for Year-End

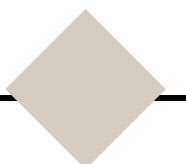
Relationships Key Goals

Health and Wellness Targets

Self-Improvement Benchmarks

Professional Growth Milestones

Mental Health Goals



My biggest intention for 2025

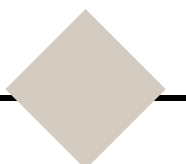
Blank area for writing the biggest intention for 2025.

My stretch goal for 2025

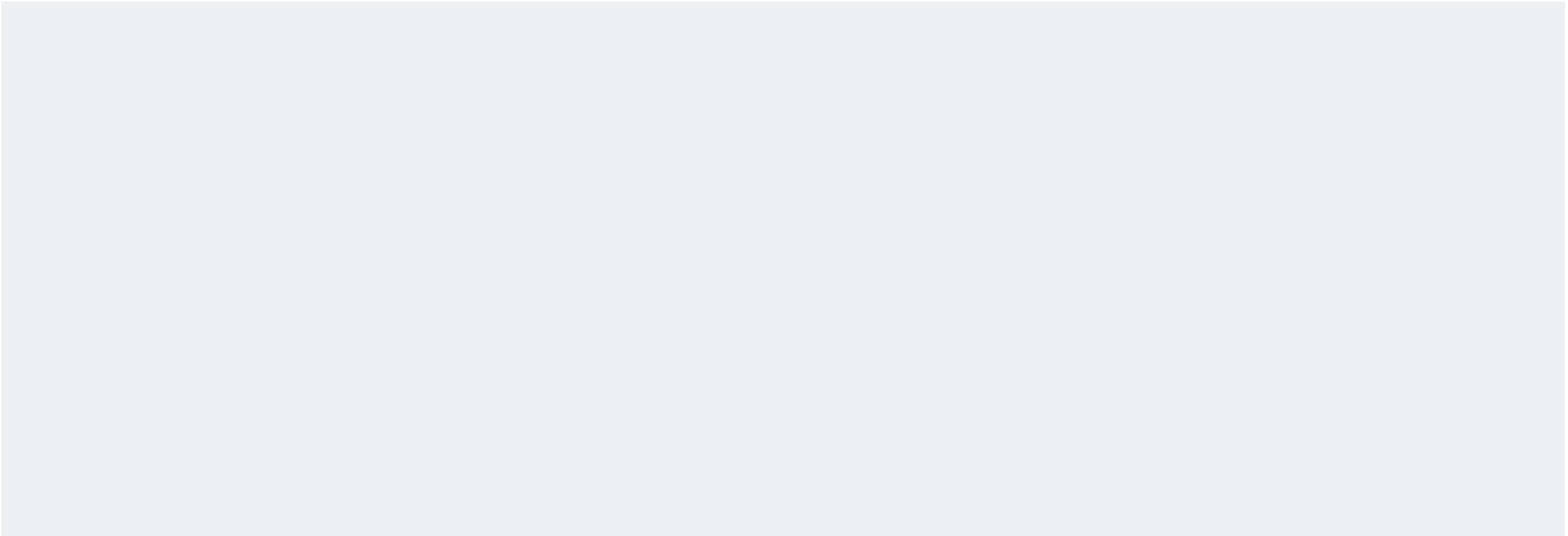
Blank area for writing the stretch goal for 2025.

A quote that sets the tone for my 2025

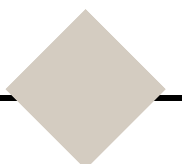
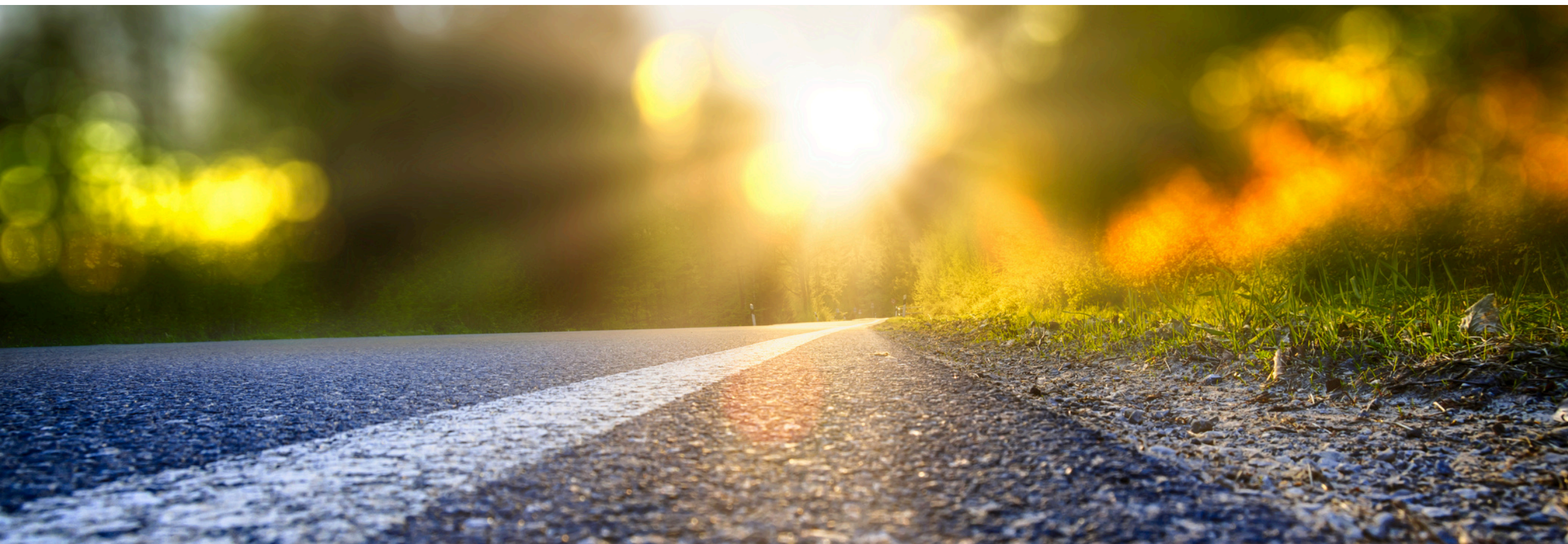
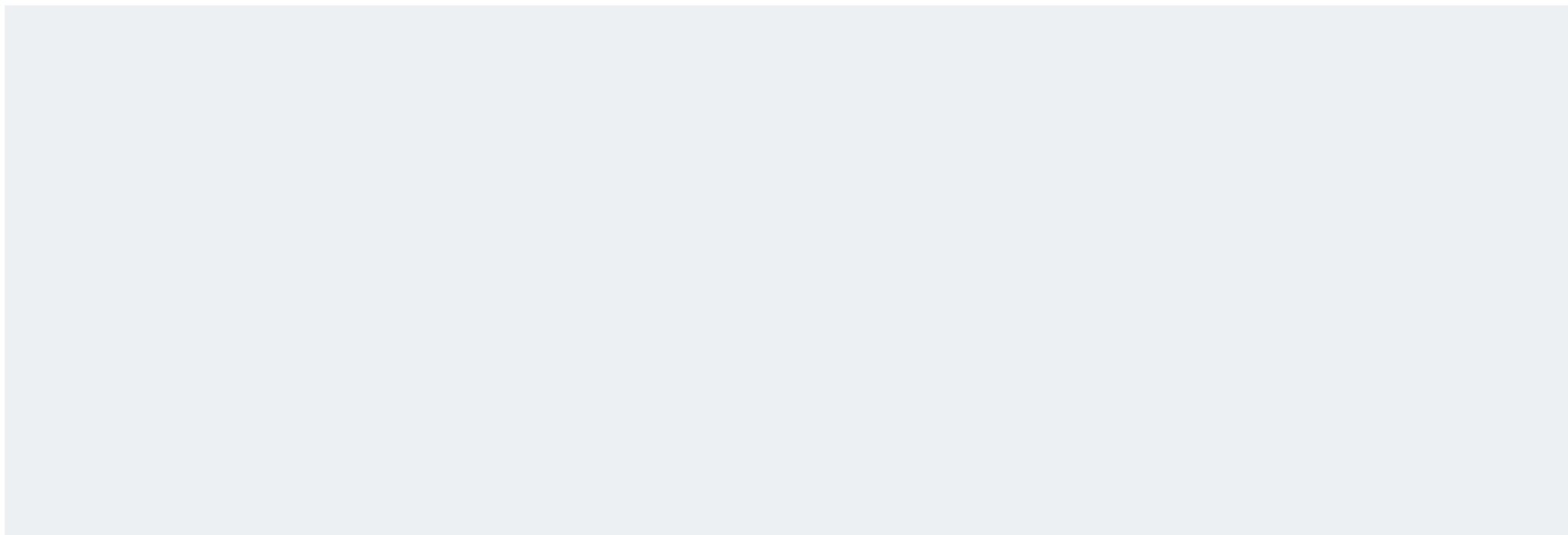
Blank area for writing a quote that sets the tone for 2025.



My clear 2025 vision..



2025 Success to me is...



NEW YEAR RITUALS



My meaningful practices for 2025

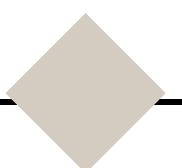
Blank area for writing overall meaningful practices for 2025.

Morning ritual

Blank area for writing morning rituals.

Evening ritual

Blank area for writing evening rituals.



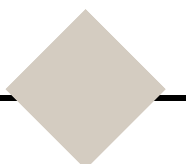
LET'S MANIFEST 2025

Who are you?

What do you do?

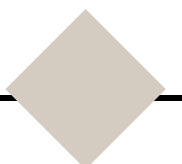
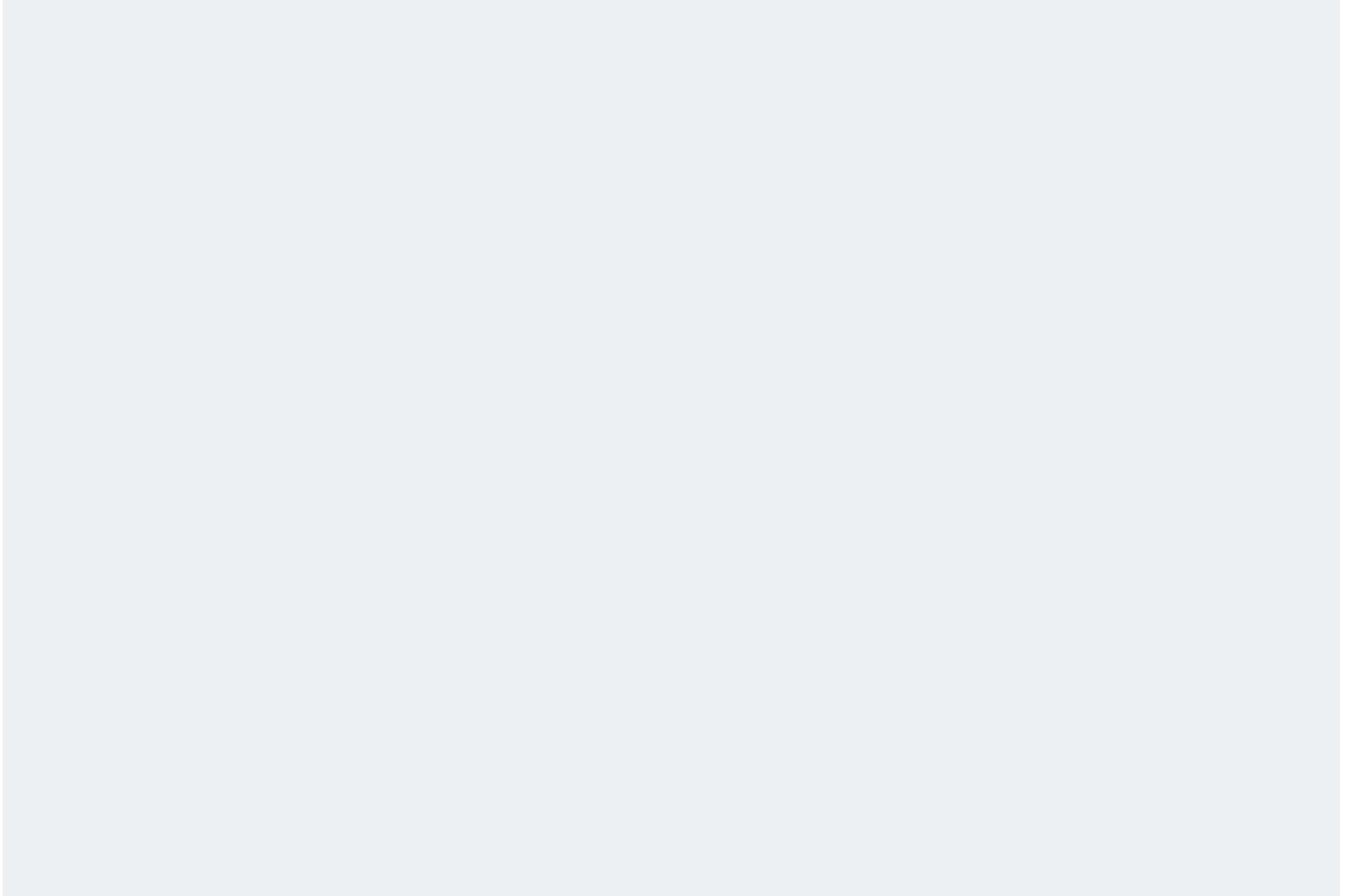
What do you have?

How do you feel?



Write as if it is true for you now. Visualize and feel how it feels if it is real for you now.

"It is December 2025 and I..."

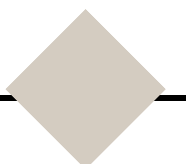


LET'S MANIFEST

Free Flow Journaling about 2025



A large, empty rectangular area with a light gray background, intended for free flow journaling.





CLOSING MESSAGE

**THE YEAR 2025 IS YOUR
CANVAS; PAINT IT BOLDLY
WITH YOUR DREAMS AND
ACTIONS.**

HAPPY NEW YEAR!

