

YOUR 2025 REFLECTION + The Boundaries That Will Change Your 2026



A Journal for Women Ready to
Protect Their Energy, Support Their
Hormones, and Step Into Their Power

HEY THERE!

I know what it feels like to push through **until your body forces you to stop.**

As a former CEO running on hustle culture, I ignored colitis, gallbladder issues, and anxiety until a panic attack changed everything. That crisis became my catalyst. ***Now, as a Functional Hormone Specialist and Clinical Nutrition Practitioner with over 20 years of experience, I help women globally navigate perimenopause, menopause, and hormonal transitions*** through Rejoice Nutrition & Wellness.

I created this journal because I wish I'd had these tools when I was running on empty. You're not broken! You just need different strategies at different life stages. ***You deserve to feel vital, grounded, and like yourself again.***

Let's do this together, Jo



8 REFLECTION QUESTIONS to Close Out 2025

Before you set intentions for 2026, you need to be honest about 2025. These questions aren't easy, but they're necessary. Sit with them. Journal through them.

Let yourself feel whatever comes up.

1. What three words capture the truth of your 2025, and what three words do you want to anchor your 2026?

2. What fears showed up this year, and which ones are you ready to stop letting run your life?



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3. When did you feel most alive and aligned this year—and how can you create more of those moments in 2026?

4. What consistently depleted your energy in 2025, and what boundaries do you need to establish because of it?



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5. What did you do this year that took real courage, and what did it teach you about your own strength?

6. What truth have you been avoiding because facing it would demand change?



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Before you set intentions for 2026, you need to be honest about 2025. These questions aren't easy, but they're necessary. Sit with them. Journal through them.

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7. What old patterns are you leaving behind in 2025, and who are you choosing to become in 2026?

8. Who truly supported you this year, and who consistently left you feeling drained?

YOUR ABSOLUTE NO'S FOR 2026

These are your non-negotiables.

The boundaries you're setting to protect your nervous system, support your hormones, and honor your energy.

Here are some examples to inspire you:

- Hustle culture bullshit
- Being an emotional dumpster for others
- Explaining boundaries to people committed to misunderstanding you
- Saying yes when your body is screaming NO
- Loving people in ways that require abandoning yourself
- Ignoring the red flags your body throws like a parade
- Letting your nervous system run on fumes while saying "I'm fine"
- Staying overextended to avoid facing your unmet needs
- Mistaking constant motion for progress
- Calling your intuition "overthinking"
- Waiting for permission no one will give you
- Dreaming of change while protecting old patterns
- Believing survival mode is your only option
- Holding yourself to standards no one else meets
- Using shame as motivation

Now it's your turn. What are YOUR absolute no's for 2026?



MY NON-NEGOTIABLE BOUNDARIES FOR 2026:

Why These Boundaries Matter: These aren't just "nice to have" preferences. When you set boundaries, you're telling your nervous system it's safe. When your nervous system feels safe, cortisol can better regulate. When cortisol regulates, your other hormones function optimally.

Your boundaries are your medicine.

HERE'S TO YOUR 2026

You've done the hard work of reflection. ***You've named your boundaries. Now comes the beautiful part, living them.***

This isn't about perfection. It's about practice. Some days you'll hold your boundaries with ease. Other days, you'll slip back into old patterns. That's human. That's normal. What matters is that you keep coming back to this truth: you deserve to protect your energy, support your hormones, and create a life that doesn't constantly activate your stress response.

You deserve to feel like yourself again.

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A GENTLE REMINDER

Remember This:

You're not broken.

You're not too much.

You're not failing.

You're a woman in transition, and your body needs different support now than it did before.

That's not weakness, that's wisdom.

Here's to honest reflection, powerful boundaries, and a 2026 where you finally feel vital, grounded, and whole.

You've got this. Jo

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