



Practising Gratitude and Reflection:

Ending the Year with Intention

A guide to help you end the year strong through the practice of gratitude and self-reflection.



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Introduction to practising gratitude and reflection

In today's "always on" culture, many of us rarely have the chance to slow down or, let alone, have the headspace to pause and practice gratitude.

Most people mistake that gratitude requires a certain level of commitment and effort to implement in their daily life but it really isn't. The act of expressing gratitude can be as simple as saying "thank you" more often to the people close to you or even just feeling thankful for being alive.



Research shows that gratitude is linked to greater happiness and inner peace. People who practice gratitude feel more positive emotions, which in turn also makes them more resilient when dealing with adversity and helps them build stronger relationships.

Just as learning a new habit can be cultivated over time, the practice of gratitude can also be developed through small, actionable steps.



If you're new to this, don't worry. This guide will equip you with everything you need to end the year with intention and help you set clearer goals for the new year.

Understanding the practice of expressing gratitude

Gratitude is a profound tool that can help you transform your life. It is more than a practice, it's a perspective shift. Once you change your mindset, the way you see things changes.

The internet talks about gratitude as an act of service but it's a way of being – it's feeling as grateful as much as you truly and honestly can.

It's easy to believe that the grass is always greener on the other side and that what we have isn't enough. But all that does is keep us in a state of lack and critique.

So instead, why don't we water our own grass by looking at what's going right in our lives and what we would like to continue nurturing? Gratitude is simply asking for more of the good things that already exist around you and you'd be surprised at how much you're grateful for.



"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

– Oprah Winfrey

What is introspection?

Before we move on, let's dive into the process of learning how to be grateful. Introspection, or self-reflection, is the practice of turning inward to explore your thoughts, emotions, and experiences. Doing self-reflections creates a safe space for you to identify patterns, learn from challenges, as well as celebrate wins.



The question is:

How are introspection and gratitude linked, and most importantly, why does it matter? Self-reflection helps you gain self-awareness and plays a critical role in emotional regulation.

When practised together, reflection and gratitude promote clarity, emotional balance, and resilience. For example, if you find yourself in a stressful situation at work, introspection can help you evaluate your mental state to better manage your emotions.

The neuroscience of gratitude and reflection



Practising gratitude can literally rewire your brain.

Andrew Huberman, a neuroscientist at Stanford and host of the Huberman Lab podcast, shares how gratitude practices can activate specific brain regions such as the prefrontal cortex and cingulate cortex (linked to empathy, pleasure, and decision-making).

Similarly, health tech startup, Neuroba, researches how introspection goes beyond just reflecting on the past.

Our prefrontal cortex undergoes an evaluative process that helps us make sense of our memories in relation to our current mental state. This then facilitates our decision-making process and helps us make more informed decisions in the future.

Reflecting on the key areas of 2025

As we say goodbye to 2025, it's the perfect time to pause and reflect on the past year. This reflection is an opportunity to look back on our experiences, learn from them, and plan for the future. Let's embark on this journey of introspection together, exploring various aspects of our year in depth.

Here are some key areas to help you get started while reflecting on the year:

Personal and professional growth



1. Skills and knowledge:

What new skills did you learn this year? How did you grow professionally?

2. Career path:

Reflect on your career journey in 2025. Did you make any significant changes or progress in your job?

Health and lifestyle

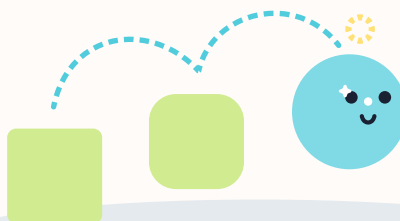


1. Physical activity:

How active were you this year? Did you start any new sports or physical activities?

2. Diet and nutrition:

Consider your eating habits. Did you make any changes to your diet that affected your health?



Personal relationships



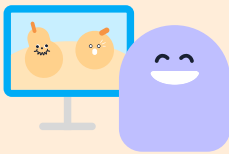
1. Family dynamics:

Reflect on your relationships with family members. How have these relationships grown or changed?

2. Friendships:

Think about your friendships. Did you make new friends or reconnect with old ones?

Joyful moments



1. Happiness and fulfilment:

What were the happiest moments of your year?
What made them special?

2. Gratitude:

Think about the moments or things you were most grateful for in 2025.

Looking ahead

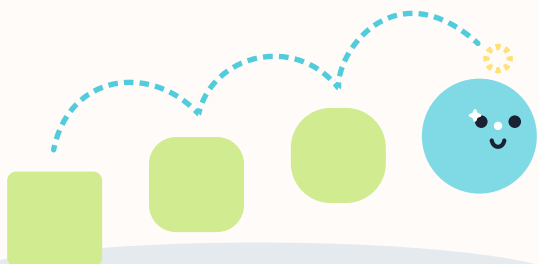


1. Future goals:

Based on your reflections, what are your goals for the coming year?

2. Aspirations and dreams:

Allow yourself to dream and think about what you hope to achieve in the future.



Learn to be compassionate with yourself with the R.A.I.N practice

Introspection can sometimes feel abstract. So, how do we pause and connect with what’s happening inside us? That’s where mindfulness-based frameworks can help.

One of the simplest tools is the R.A.I.N practice, developed by meditation teachers such as Michele McDonald and Tara Brach.

Let’s walk through this framework together:

R - Recognise	Naming the feeling	“What am I feeling?”
A - Allow	Sitting in the discomfort of the emotions without judgment	“All I have to do is acknowledge my feelings. I don’t have to fix anything.”
I - Investigate	Be curious and approach your feelings with compassion	“What is this feeling trying to tell me?”
N - Nurture	Offer yourself self-compassion and engage in self-care	“What do I need from myself right now?”



Reflection prompt

At the end of your day, pause and ask:
“What emotion showed up most today, and what might it be trying to tell me?”

How to reflect on the past without getting stuck in the story

When we look back on the past, it can be challenging to overlook the things that went right and focus on the lessons those experiences taught us.

While that is completely valid and perfectly human, it can be harmful if it turns into rumination, self-criticism or comparison to others.

"When there's criticism or condemnation, that's a good indication to pause. Let's face it, we can be our own best friend and worst enemy. When the latter is identified, it can be helpful to invite someone to provide objective support during the reflection process. Here, a coach or consultant is your ally."

Amanda Helga Fernandez
Naluri Mental Health Coach



Healthy reflection is about learning from the past, not reliving it. Here are some ways you can avoid falling into this trap:

When introspection becomes unhealthy and how to identify it

The key difference between helpful and unhelpful reflection lies in the tone of your inner dialogue. When you ask, "Why did I mess up again?" you invite shame and defensiveness.

When that happens, try reframing the question into "What was I feeling in that moment, and what does that tell me about what I needed?" Doing this allows you to practice self-compassion while creating space for growth and understanding.

Ask open-ended questions that are rooted in curiosity rather than criticism.

Example prompts:

- What was I hoping for at the time?
- What did this experience reveal about my values or triggers?
- What did I learn about myself through that challenge?



"The greatest gift we can give ourselves is permission to be human."

- Dr. Tal Ben-Shahar

Build a reflection and gratitude habit with the G.L.A.D technique

Now that we've learnt how to reflect with awareness and compassion, the next step is to anchor those insights in appreciation. Where reflection helps us gain self-awareness, gratitude reminds us how far we've come.

Practising gratitude doesn't mean ignoring life's curveballs or pretending everything is fine. Instead, it's about shifting our perspective to include what is working, what we've learned, and the small, steady ways we've grown.

One simple yet powerful framework for doing this is the G.L.A.D technique, a structured way to practise reflection and gratitude in daily life.

G - Gratitude	Name something that you're grateful for today	"What am I grateful for right now, and why does it matter to me?"
L - Learning	Reflect on something new you've learned – about yourself, about others or about life	"What did I learn today (or this week) that changed my perspective?"
A - Accomplishment	Acknowledge a win that made your day	What am I proud of accomplishing today, even if it felt small?"
D - Delight	Reflect on what brought you joy today	"What made my mood a little better today?"



The G.L.A.D technique strikes the perfect balance of reflection and gratitude. It's a tool that encourages you to stay present and notice growth, small wins, and sources of joy, even on the most mundane days.

You can start by doing this once a week and slowly build it up to a daily habit. Soon enough, you'll be able to recognise recurring themes of gratitude and growth that'll help pave your way to attracting abundance and inner peace.

Conclusion

Practising reflection and gratitude isn't about striving to be endlessly positive or perfectly self-aware — it's about learning to meet yourself with honesty and kindness. Every moment of reflection helps you gain clarity in your story, while every act of gratitude reminds you that there is light, even in difficult chapters.

Reflection asks, "What is this teaching me?" Gratitude answers, "And what can I be thankful for in this?" Together, they create a mindset of growth, acceptance, and hope.

As you embark on this journey of introspection, approach it with kindness and an open heart. Here's to a year of learning, growth, and hopeful beginnings!

Naluri Resources

You are never alone on this journey. Naluri is here to support you every step of the way. From coaching to tracking tools, we provide resources to help you stay on track and achieve your goals.

Webinars [Rewind and Recharge For Meaningful Work](#)
[Reflect to Reset: Ending the Year with Purpose](#)

Audio [Morning gratitude affirmations](#)

Workout [Neck tension release](#)

WhatsApp Textline



For immediate support, our WhatsApp Textlines are manned by mental health professionals and available round-the-clock

 +60 1753 10975

Consultations



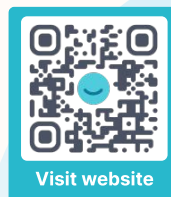
Book a 1-on-1 private and confidential consultation session with your preferred health coach for more personalised support

naluri.link/consultations

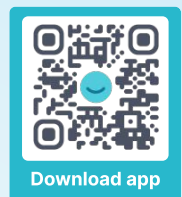
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*If your company has an existing Naluri corporate wellness programme, please check with your HR on how to register



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