



VISION
FROM
WITHIN

YOUR 2025 REFLECTION
&
2026 VISIONING
JOURNAL

VISION FROM WITHIN

Welcome

I'm Abi, Holistic Life Coach & Yoga Teacher.

I empower women in reigniting their love and zest for life, helping them reconnect with their soul purpose and embrace a life filled with joy, confidence, and wholehearted living.



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Welcome to this Vision from Within journal - a guided journalling journey to help you reflect on all that you have experienced in 2025 and begin to create your vision for 2026.

Journalling can be deeply transformative and this journal has been designed that you can dip in and out of the prompts as you please, meaning that you can fit it into your busy schedule easily.

Take your time and allow some time between prompts to reflect and add to your answers. Trust what arises.

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Before you begin

Make this journalling time a sacred time to pause, reflect and visualise. Light a candle or diffuse some relaxing essential oils to make this time special.

Know that you can dip in and out of the prompts as and when you need them

There's no right or wrong answers.
Be curious.

Be compassionate with yourself.

Make sure you have your calendar to hand before starting to reflect - so that you can take an in depth look back at 2025



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Wishing you an abundant
2026

Abi Douglas
Holistic life coach & yoga teacher

Find out more about 1:1 holistic life coaching programs:

www.thewell-beinggarden.co.uk