

If you find yourself saying that this year will be different...

*it may be worth stopping for a moment and
asking: What am I actually willing to change?*

How many times have you said: “Next year will be different”?

A new year often starts with fresh intentions, yet familiar patterns tend to remain, unless we make a conscious decision to approach things differently. If you've recently been telling yourself that this year will be different, perhaps now is the time to ask a more practical question: **what do I really want to change?**

It's a question that comes up every year. However, between day-to-day routines and the usual “I'll come back to it later”, we rarely take the time to reflect on what we genuinely want to improve or which actions we are prepared to take. As a result, the year moves on and, before we know it, little has changed.

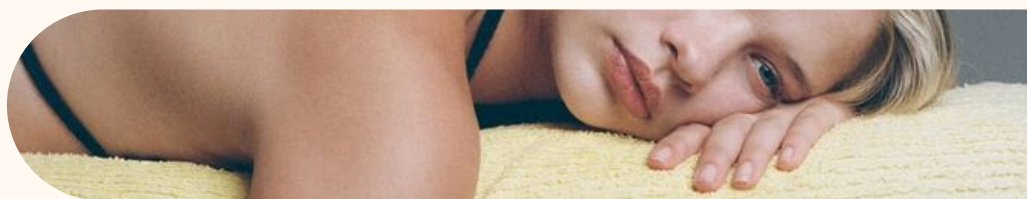
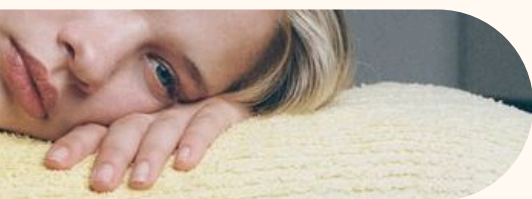
For this reason, we encourage you to take a few minutes to pause and reflect. Building self-awareness is an important step towards making more considered choices, both at work and in our personal lives.

A short reflection exercise

This is your opportunity. We invite you to try a simple exercise:

- Write down **3 things you learned** about yourself in 2025.
- Identify **3 areas you would like to improve** in the year ahead.
- Outline a **clear and realistic plan** to work on them.

Writing by hand naturally slows our thinking. This slower pace supports clarity and helps us organise our thoughts, **making it easier to turn reflection into purposeful action.**



Continue your development...

We've prepared a personal development assessment to help you understand where you are now and which skills or resources may be most helpful over the coming year.

[Access the assessment](#)

If you'd like to read our pills over the coming months, you can do so by clicking [here](#).