



WRAPPED: YOUR YEAR IN WELLNESS



As the year winds down, many of us instinctively start reflecting... the goals we hit, the ones we didn't, the routines that stuck, and the ones that didn't survive past February.

But here's the truth most of us forget and it's far kinder, far more insightful, and far more forgiving than your inner critic: wellness is not about doing everything right, it is learning what actually supports you.

So, before you start planning the year ahead, we invite you to pause and take a look back at your own health story, not through a lens of perfection, but through one of curiosity and mindfulness.

Think of it as your Wellness Wrapped: a playful, inspiring highlight reel of the past 12 months, filled with the meaningful moments, the micro-wins, and the quiet improvements that deserve a spotlight.

Below, you'll find a reflection outline to help you look back at 2025 with fresh eyes and a lot more self-compassion.

1. Quiet Wins That Mattered More Than You Realize

Not every win deserves fireworks - some deserve a soft spotlight. Think back to the tiny moments that didn't feel like much but absolutely counted.

- That one night you went to bed early instead of pushing through.
- Choosing water over another coffee.
- Adding a handful of greens or extra protein to a meal.
- Opting for a 10-minute walk when you didn't have time for more.
- Saying "I need a minute" before reacting.
- Taking your supplements regularly (or even semi-regularly - we'll take it).

When it comes to health, the quiet, consistent choices often shape us the most.

2. Your Breakout Habit of the Year

Spotify loves to highlight your "breakout artist," and you get one too: the habit that surprised you by sticking OR the one that made the biggest difference.

- Maybe you found a supplement that genuinely supported your energy or sleep?
- Maybe you hydrated more?
- Maybe you built a simple morning routine that helped you stay steady?
- Maybe you programmed in time for key people in your life that helped nurture your connections?
- Maybe you finally realized that "a bit better" really does beat "all or nothing."

Whatever it was, give it its moment.



3. Your B-Sides: What You Let Go Of

Every album has tracks you skip — and your wellness year was no different. What did you release this year?

- All-or-nothing thinking.
- Feeling guilty about treats.
- Skipping meals because you were busy.
- Saying yes when you meant no.
- Pushing through exhaustion.
- Trying to be perfect instead of consistent.

Let this part feel freeing. Growth often looks like subtraction.

4. Your 2026 “Recommended for You” Playlist

Instead of rigid resolutions, try setting gentle, supportive intentions! What do you think you need more of in 2026 for your own well-being:

- More joyful movement?
- Rest that actually restores you?
- Food that fuels rather than overwhelms or disrupts?
- Support for energy, mood, and balance?
- Consistency without pressure?
- More moments that feel like you?

You don’t need to reinvent yourself. Simply continue what worked and make space for more gentle habits and trying new things!

As you look back at your 2025 Wellness Wrapped, remember this:
Wellness isn’t perfection, it’s a collection of moments where you choose yourself.
Some tiny. Some transformative. All purposeful in moving yourself forward.

Here’s to more kindness, more nourishment, more steadiness, and more joy in the year ahead.
Your 2026 wellness story is already off to a beautiful start.

