

New Year, New You (When HS Comes With You)

Podcast Companion Tool

1. Looking back: What made this year hard?

Prompt:

Not to be dramatic — just honest.

Write down some of the things that were genuinely difficult for you this year.

This year was hard because:

Now ask:

“What did I do despite all of that?”

I still managed to:

(Yes, “kept going” or “survived” are full answers.)

2. When comparison hits

Think of a post or moment recently that stung.

What did you see?

What story did your brain tell you about it? ("They're happy and free and I'm not," etc.)

Now rewrite it the way we talked about in the episode:

"Seeing that post made me feel: _____."

"They're showing a highlight. I'm living my everyday."

"My body required more from me this year."

Write your version here:

3. Letting comparison point to what you actually want

Take one example of envy or comparison and turn it into info.

I felt jealous when I saw:

Underneath the jealousy, what I actually long for is:
(freedom, connection, less pain, more fun, etc.)

One small, realistic way I could move toward that feeling in my current body:

4. Anchoring goals to your reality

Prompt:

Instead of “new year, new me,” try “new year, kinder to me.”

This year, my body has to deal with:

Because of that, my goals need to be flexible and honest.

My gentle goals for the next season:

Health/Body:

Something supportive but realistic for my body:

Connection/Relationships:

One way I want to feel more supported or less alone:

Joy/Fun:

One small thing that makes me feel like me:

Rest:

One boundary I can set around my energy:

5. Naming my season

"You're in a season, not at a finish line."

Right now, my life feels like a season of:

- ☐ Surviving
- ☐ Healing
- ☐ Rebuilding
- ☐ Learning
- ☐ Transition
- ☐ Letting go
- ☐ Starting again
- ☐ Other: _____

In one sentence, how would I describe this season?

One thing I hope future-me will be able to say about this season is:

6. Hope for next year

We can't control flares, meds, or every curveball.

But we can name what we're hoping for.

In the next year, I hope I will...

Feel: _____

Learn: _____

Experience: _____

Release: _____

Receive: _____

Finish this sentence:

"Even with HS, my life can still make room for _____."
