



DANIEL MERZA

INSPIRING LEADERSHIP, WELLBEING & POTENTIAL

PACK YOUR SUITCASE

*Reflect, Reset, and Recharge
for a Remarkable 2025*



As a new year commences, it's time to pack your suitcase for the journey ahead.

Just like preparing for a trip, starting a new year involves deciding what to take with you and what to leave behind.

Use this worksheet to reflect on 2024 and intentionally prepare for a fulfilling 2025.

Spend 10–15 minutes filling it out in a quiet space. Keep it somewhere visible (e.g., your desk or journal) as a reminder throughout the year.

“The journey of a thousand miles begins with a single step.”

Lao Tzu



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STEP 1: CELEBRATE YOUR WINS **(WHAT GOES IN THE SUITCASE)**

Every great journey begins with gratitude. Reflect on 3-5 achievements or lessons from 2024 that you're proud of - personal, professional, relationships, or health (e.g. improved health, stronger family bonds). These are the essentials you'll carry into 2025.

STEP 2: LET GO OF THE MONKEYS **(WHAT STAYS BEHIND)**

A lighter suitcase makes for a smoother journey. Unpack the fears, habits or thoughts that held you back in 2024 - like procrastination, self doubt, or toxic relationships - and leave them behind.

STEP 3: PACK FOR THE FUTURE **(ADD SOMETHING NEW)**

Every great trip includes new discoveries. What's one value, goal, or habit you'll add to your suitcase for 2025? Choose something that aligns with your long-term vision.



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STEP 4: HARNESS THE BIG 4 TO SOAR **(ORGANISE YOUR PACKING LIST)**

Every suitcase needs organization. Referring to the key areas of your life—work, relationships, health, and personal growth—answer these four questions to create your game plan for the year ahead.

What do you need to START DOING ?	What do you need to STOP DOING ?
What do you need to KEEP DOING ?	What do you need to BRING BACK ?

STEP 5: YOUR THEME FOR 2025 **(YOUR LUGGAGE TAG)**

Every suitcase needs a tag to guide its destination. If you could choose one word or phrase to represent your journey in 2025, what would it be? Your guiding light could be something like Courage, Balance, Growth, Connection.

Once complete, take a moment to visualize your packed suitcase.

It's filled with your proudest moments, most important lessons, and a renewed focus on what truly matters. The unnecessary weight has been left behind.

You're ready to step into 2025 with clarity, confidence, and purpose.
Revisit your suitcase regularly to ensure you're staying on track.