DEIDRE DATTOLI

WITNY RITUAL 2026

Welcoming In The New Year.

A Gentle Ritual to Close 2025

& Begin 2026 with Clarity, Direction & Alignment



Hello!

I created this ritual as my own way of closing the year and choosing how I want to step into the next one. I'm sharing it because so many of us are carrying so much, and we rarely give ourselves a moment to pause and listen.

Take what helps. Leave what does not.

x Deidre



Turn the page when you're ready.

When you pause long enough to *hear yourself*, clarity begins to rise.

DEIDRE DATTOLI

The Journey Through This Ritual

This ritual unfolds gently, in its own time.

You don't need to complete it all at once.
You don't need to do it in order.
You don't need to get it right.

You can move forward, pause, return, or skip what doesn't feel relevant.
Trust your pace.

Here's the journey you'll move through.

01 **Arrive**

A moment to slow down and settle. p. 6–9

02 **Reflect**

Looking back on 2025 with honesty and care. p. 10–23

03 **Notice**

Checking in with your body, inner world and sense of connection. p. 24–32

04 **Make Meaning**

Understanding what supported you, what stretched you, and what it's showing you. p. 33–38

05 **Complete**

Gently closing 2025. p. 39–41

06 **Open**
Meeting 2026 with openness and curiosity. p. 42–43

07 **Listen**
Tuning into what matters and what's asking for attention. p. 44–46

08 **Choose**
Clarifying how you want the year to feel and where you'll place your focus. p. 47–52

09 **Support**
Considering how you want to treat yourself as you live it. p. 53–56

10 **Honour**
Naming what you're choosing to stand by this year. p. 57–59

11 **Distil**
Choosing a word or theme to carry with you, and a gentle 90-day rhythm to begin. p. 60–64

12 **Close**
Leaving with a note you can return to. p. 65–69

You can move through this ritual in one sitting or over several days.
Let it meet you where you are. If anything feels tender, pause, breathe, and come back when you're ready.
The rhythm is yours.

A Moment to Arrive

Before you begin, take a slow breath.

Let your shoulders soften.
Let your mind settle.
Let your whole system know it can exhale after a full and very human year.

This ritual is not something to rush through or get right.
It is a pause.
A moment to come back to yourself.
A space to feel what the year has held and reconnect with what is true for you.

You don't need to feel ready or clear.
You can come tired, hopeful, stretched, or simply needing a moment to breathe.
All of you is welcome here.

Think of this as a soft landing before you begin again.
A quiet return to your own rhythm.

With you,
Deidre

How To Be With This Ritual

This ritual is designed to support you.
It helps you slow down, notice what matters, and create space for clarity to rise.

Move through it honestly and at your own pace.

Write as much or as little as you like. Let the prompts guide your attention and skip anything that does not feel relevant.

A few things to hold as you begin:

- **Come back to your body**
  Notice your breath and let yourself arrive.

- **Let it be simple**
  Reflection does not need to be heavy.
  It can be grounding, spacious, and supportive.

- **Stay honest with yourself**
  Not the polished version.
  Just the real one.
  The one who has lived this year and grown through it.

- **Follow what matters now**
  Your energy knows what matters.
  Let it guide your attention.

- **Honour yourself**
  This ritual is a bridge.
  A way to close 2025 with understanding and begin 2026
  with clarity, intention and direction.

Let this be a quiet pause before the next beginning.

When we look back *with honesty* the meaning beneath the year begins to reveal itself.

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Preparing for your ritual...

To make the most of this ritual, you may want:



A quiet moment to yourself



Space to breathe and slow your pace



A pen or your personal journal if you want extra space to explore what comes up



Honesty with how you feel



A willingness to listen to what rises



A favourite cup of something warm if that helps you settle



Enough time to move gently through the prompts

There is no right way to do this.

Choose what feels supportive for you.

Let this ritual unfold in a way that honours where you are.

2025

The Year That Was

Taking time to look back
helps you understand where
you are now.

2025

Looking Back With Honesty and Heart

Every year has its own rhythm. Moments that stretched you, steadied you, and quietly shaped you in a way you may only notice now.

Taking time to acknowledge the year as it really was can support you as you step into what is next. Let this be a gentle space to notice where this year took you. Not with judgement or pressure, but with honesty and care.

2025 The Shape of My Year

A simple way to see 2025 at a glance.

Mark the moments that stand out. Use a dot to mark each one. Beside it, write the month (or season) and a few words for what happened.

For example:
"Mar: new job"
"Jun: health scare"
"Aug: family trip"
"Nov: felt burnt out"

Place the moments that **flowed** above the line, and the moments that **felt hard** below the line. You do not need to fill every dot. Just what mattered.

Where it flowed (above the line)
Where it was hard (below the line)



What I notice from the overall shape of my year is:

2025 Now, Let's Reflect

What were my hopes or intentions for 2025?

What surprised me most about 2025?

What nourished me most this year?

2025 Where Life Felt True

There are moments in every year where something inside you feels clear.

Moments when you feel like yourself.
Moments when the pace feels natural, the connection feels real, or the experience feels aligned with who you are becoming.

These are often the moments that show you what matters most.
They reveal the environments, relationships, rhythms and choices that support you.
They remind you of the parts of yourself that feel true and steady.

Let this page help you recognise where life felt real, grounded and genuine this year.

When did life feel most right for me?

What moments or experiences felt aligned, grounded, or quietly right?

What was happening around me or within me during those moments?

What do these moments reveal about what matters to me now?

2025 Where I Lost Myself

There are times in every year when we drift away from ourselves. Sometimes it happens quietly in the background. Sometimes it happens because life speeds up or pulls us in different directions. Sometimes it happens because we care. Because we try. Or because we forget to pause long enough to listen.

Losing ourselves shows up in many small ways. Overriding our needs. Pushing past our limits. Saying yes when we meant no. Moving at a pace that is too fast for our body or our energy. Placing others above ourselves without realising the cost.

This page is not about judgement. It is about awareness. It is about gently naming the moments when you stepped away from yourself, so you can begin returning to what feels steady and grounding.

Where did I override myself?

When did I move at a pace or in a direction that did not feel right for me?

What signs helped me notice I was losing connection with myself?

2025 Proud Moments and Quiet Wins

Every year holds moments worth acknowledging. Some are clear and obvious. Others are small, private or easily overlooked. Often, the quiet wins are the ones that matter most.

The times you showed up when it was hard. The moments you chose honesty, rest or courage. The decisions that aligned with who you are becoming.

Celebration does not always look loud or bold. Sometimes it is a quiet nod to yourself. A gentle recognition of how far you have come. A moment of appreciation for the strength, softness or awareness you brought to your life this year.

Let this page be a space to honour what you did well and the parts of yourself that grew, softened or expanded.

What am I genuinely proud of?

What felt like a quiet win or a turning point for me?

Where did I grow in ways I did not expect?

2025 What I'm Ready to Release

Every year leaves traces of what we carried. Some things deserve to come with us. Some things do not. Releasing is not about rejection. It is about clearing space for what feels right and alive in the next season of your life.

This page invites you to gently name what no longer feels supportive. The habits, patterns, stories or expectations that weighed heavily. The emotions or beliefs that no longer fit. The versions of yourself you have outgrown.

Let this be an honest, compassionate letting go so you can step into the new year with more clarity, direction and alignment.

What feels heavy or no longer supportive for me to carry?

What patterns, habits or expectations am I ready to release?

What do I want to leave behind as I move into 2026?

2025 Noticing Where I Am Now

Before you step into what is next, take a gentle moment to notice how you have been feeling across different areas of your life this year.

This is not about judging yourself.
It is simply awareness.

A quiet way of noticing what has supported you, and where things may have felt stretched, unsettled, or out of rhythm.

Use the Green / Amber / Red guide as you move through the next pages, letting your body and inner sense lead the way.

- **This has felt steady and supported.**
- **This has felt inconsistent or slightly stretched.**
- **This has felt draining, heavy, or disconnected.**

There is no right or wrong response here.
Only what feels true.

On the following pages, you will check in with three areas of your lived experience:

How My Body Has Been
How my body has felt and what it has needed.

How My Inner World Has Been
My emotions, boundaries, self-talk, mental load, and inner steadiness.

How Connected I've Felt
How aligned, alive and connected I've felt.

Let these pages be a snapshot of where you are now, not a verdict.
A way to listen more closely to yourself before moving forward.

How My Body Has Been

How my body has felt and what it has needed

Use the Green / Amber / Red guide to circle one colour for each statement.

Sleep *(The quality and consistency of my rest.)*	
Nourishment *(How I supported my body through food, hydration and care.)*	
Movement *(How I moved my body in ways that felt supportive or sustainable.)*	
Rest *(Whether I allowed myself to pause, slow down or recover.)*	
Stress load *(How much pressure or demand my body carried.)*	
Body cues *(The signals my body gave me about what it needed.)*	

Notes

How My Inner World Has Been

My emotions, boundaries, self-talk, mental load, and inner steadiness.

Use the Green / Amber / Red guide to circle one colour for each statement.

Emotional awareness *(How connected I felt to my feelings.)*	
Expression *(How freely I expressed what was true for me.)*	
Boundaries *(How well I protected my time, energy, and emotional space.)*	
Self-talk *(The tone and kindness of the voice inside my mind.)*	
Mental load *(How much I carried, managed, or held in my mind.)*	
Emotional Support *(How emotionally supported I felt by the people closest to me)*	
Inner steadiness *(The sense of grounding or stability I felt within myself.)*	

Notes

How Connected I've Felt

How aligned, alive, and connected I've felt

Use the Green / Amber / Red guide to circle one colour for each statement.

Effortless *(How naturally things flowed without forcing.)*	
Aliveness *(Moments where I felt awake, energised or inspired.)*	
Presence *(How often I felt present with my life, rather than distracted, rushed, or pulled away.)*	
Inner rhythm *(How liveable my days felt over time.)*	
Intuition *(How connected I felt to my inner knowing.)*	
Alignment *(How true my life felt to who I am becoming.)*	

Notes

2025 What My Colours Are Revealing

After noticing how the different areas have felt this year, take a moment to sit with what your colours are revealing.

Awareness creates clarity. Clarity invites choice. Choice opens the way for gentle, supportive shifts.

This is not about fixing anything. It is about noticing what has felt steady and supported (green), what has felt inconsistent or slightly stretched (amber), and what has felt draining, heavy, or disconnected (red).

Where you felt drained is not a sign that you failed. It is information. Let this be a moment to listen to what your body, inner world, and sense of connection have been signalling.
Choose one or two areas to explore, rather than everything at once.

What stood out most to me as I noticed my colours overall?

Where did I feel most steady or supported (green), and what helped create that?

Where did I notice the most amber or red this year?

What was happening in those moments or seasons that made them feel stretched or draining?

What signs did I notice in my body, inner world, or sense of connection that I was depleted?

What were those signs asking for, or trying to protect?

One micro-shift I want to make as I move forward is:

What you notice about yourself is never random. It is *the beginning* of knowing what you need.

DEIDRE DATTOLI

2025 What This Year Meant and Taught Me

Before moving into the new year, take a quiet moment to acknowledge the one you have just lived.

Not to evaluate it or judge yourself, but simply to recognise its presence in your life.

Every year holds a collection of moments that shape us in ways we may only see when we pause and look back.

Moments that asked something of us.
Moments that revealed what we needed.
Moments that helped us understand ourselves with a little more honesty.

Some parts of 2025 invited you to slow down.
Others stretched you.

Some moments grounded you.
Others showed you your capacity.

Some revealed your limits.
All of them held something real.

You do not need to call 2025 good or hard.
It does not need a label.

It was simply your lived experience: human, imperfect, and meaningful in quiet ways.

Let this page be a soft acknowledgement of who you are today because of the year you lived.

What you carried.
What you noticed.
What you allowed.
What you learned.

And the parts of you that feel more honest and more true because of 2025.

What did 2025 teach me about myself?

What truths about myself became clearer for me as the year unfolded?

What felt meaningful for me, and why?

What from 2025 feels worth carrying with me into the next?

2025 Where Did I Feel Supported?

Not to judge anyone, just to notice what supported me, and what didn't.

Who or what supported me most this year? (people, places, practices, environments)

Where did I feel stretched in a relationship, or in a role I played?

Based on what I noticed, one boundary I want to take into 2026 is:



Everything you noticed about yourself this year is part of who you are *becoming.*

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Closing 2025, Turning Toward 2026

Pausing Before You Turn Forward

Before you move into the year ahead, take a quiet moment to acknowledge what you have just noticed.

You have listened honestly.
You have paid attention to what supported you and what asked too much of you.
You have named where you felt steady, where things wavered, and where care was needed.

Nothing here needs to be carried as judgement or regret.
It is simply information.
And information, when received with care, becomes wisdom.

Let this be a moment to gently close the year that has been.
Not by analysing it further, but by allowing it to be complete.

If it feels supportive, you may like to pause here.
Take a breath.
Notice your body.
Notice what has settled.

You are not leaving this year behind.
You are integrating it.

What you have noticed now becomes part of how you move forward,
not something you need to hold on to.

One word or phrase that captures what I'm carrying forward from this reflection:




2026

2026 A New Beginning

The year ahead is here.

A new chapter.
A fresh moment.

Not as a blank slate to fill
or a plan to figure out.
Just an open space waiting to be met.

You don't need to rush into it.
You don't need clarity yet.
You don't need to know what it will hold.

This is simply a moment to arrive.

To sense what it feels like to stand at the beginning of something new, carrying what you've learned, without needing to turn it into decisions or direction just yet.

Let yourself feel into the year ahead before you think about it.

Notice any sense of openness.
Any curiosity.
Any quiet hesitation or hope.

There is no right way to meet this moment.

You are not here to force a future.
You are here to listen for what is gently calling you forward.

For now, simply let the year ahead be present.

2026 Listening To Desire

Before we talk about plans or direction, we begin somewhere quieter.

We begin with desire.

Desire is not about wanting more for the sake of it.
It's not pressure, comparison or expectation.
It's not about what you should want.

Desire is information.
It's the subtle sense of what matters to you now.
What feels important enough to pay attention to.
What your life is quietly asking to move toward, change, or make room for.

Often, desire doesn't arrive as a clear answer.
It shows up as a pull.
A curiosity.
A restlessness.
A feeling that something needs to shift, even if you can't yet name how.

This is where meaningful direction begins.

Not by deciding what you're going to achieve, but by listening to what feels worth building your time, energy, and choices around.

Let this page be a space to notice what is gently asking for your attention as you step into 2026.

If it feels supportive, you may like to pause for a moment before writing.
Notice what keeps returning to your thoughts.
Notice what your body responds to.
Notice what feels honest or quietly important, even if it feels unfinished.

You don't need to turn this into decisions yet. That comes later.
For now, your only job is to listen.

What feels quietly persistent or gently pulling at me as I step into 2026?

As I notice these pulls or desires, how does my body respond?

What feels true for me right now, even if it feels tender, uncertain, or incomplete?

A gentle clarification

Desire does not require immediate action.
But it does ask to be taken seriously.

What you notice here will help you make clearer choices as the year unfolds.

It will shape where you focus, what you say yes to, and what you stop pushing yourself toward.

You don’t need to turn this into decisions yet.
That comes later.

For now, your only job is to listen.

2026 How I Want to Feel

Before thinking about what you want to work toward or change, it can help to get clear on how you want your life to feel as you live it.

This is not about trying to feel a certain way all the time.
Life will still have challenges, busy seasons, and moments of uncertainty.

This is about choosing the feeling of the year.

The internal conditions you want to return to as you move through your days.

These feelings become a reference point.
They help you notice when something supports you and when something quietly pulls you off track.
They give you a way to check in with yourself before you push, commit, or say yes.

Let this page help you name the feelings that matter to you as you step into 2026.

When I imagine responding to the desires I've named, how do I want my life to feel? *(Think about your days, your work, your relationships, and your inner world.)*

What feelings help me feel steady, clear, and able to stay with my life as it unfolds?

Which feelings tell me I'm living in a way that works for me, not just looks good on the outside?

When I imagine 2026 feeling this way, what do I notice in my body?
(Notice sensations, energy, openness, contraction or resistance.)

A simple grounding note

Feelings are not something to chase.
They are something to check against.

Let these feelings act as a guide.
If something supports them, it likely belongs.
If something consistently undermines them, something may need to change.

You don't need to act on this yet.
You're simply setting a reference point for the choices you'll make later.

2026 What I'm Choosing to Focus on

With a clearer sense of what matters and how you want the year to feel, you can now choose where to place your focus.

This is not about doing everything.
It's about being intentional with what you give your energy to.

Focus, in this context, means:

- What you return to
- What you prioritise when things feel busy
- What you are willing to shape your days around

You're not trying to predict how the year will unfold.
You're choosing what you want to stay oriented to as it does.

Let this page be a simple declaration of what you're saying yes to in 2026.

Based on what I've noticed so far, what am I choosing to focus on this year? *(Think in terms of areas, themes, or directions rather than outcomes.)*

What feels important enough to protect time, energy, or attention for?

What am I willing to say no to, or loosen my grip on, so this focus has room?

If I stayed connected to this focus throughout the year, what would feel different about how I live or work?

A grounding reminder

Focus is not pressure.
It's permission.

It gives you a way to decide what belongs and what doesn't, without needing to justify yourself or get it right.

You're not committing to outcomes here.
You're committing to direction.

2026 Supporting Myself as I Live this Focus

What you've chosen to focus on this year matters.
How you support yourself while living it matters just as much.

This page is not about creating rules or routines.
It's about noticing what helps you stay steady, and what makes things harder than they need to be.

As you move through the year, there will be busy periods, uncertainty, and moments where it would be easy to push through or override yourself.

This page helps you think ahead, so you're not relying on effort alone.

When I am living this focus, what helps me feel steady and supported?
(Think about pace, space, boundaries, rest, or the way you organise your time.)

What tends to pull me out of steadiness or make things feel heavier than they need to be?

One simple way I can support myself more consistently in 2026 is:
(This should feel realistic, not aspirational.)

When I notice myself pushing or overriding, I want to remember to:
(A pause, reminder, boundary, or choice that helps you come back to yourself.)



A quiet note

Supporting yourself is not about doing less or doing more.

It's about doing what you've chosen in a way you can actually live with.

This is how focus becomes sustainable.

Not through force, but through care.

2026 Where I Want More Aliveness

Aliveness is that feeling of being lit up from the inside. It's a clue that you're living in a way that truly fits you.

What moments make me feel lit up?

When do I feel most lit up and connected to life?

One micro-shift I'm willing to make for more aliveness in 2026 is:



2026 What I'm Choosing to Honour

You've listened to what matters.

You've named how you want the year to feel.
You've chosen where to place your focus and how to support yourself as you live it.
You've also named what helps you stay lit up along the way.

This page is about what you are choosing to honour as the year unfolds.

Honouring something is not about getting it right or doing it perfectly.
It's about what you come back to when things feel busy, uncertain, or full.

What you honour shapes your decisions and how you use your energy.
Over time, it shapes how the year is experienced.

Let this page be a simple statement of what you are choosing to stand by.

Based on everything I've reflected on, what am I choosing to honour this year? *(This may be a way of working, a way of living, a priority, or a value.)*

What does honouring this look like in everyday life? *(Think about how you want to show up, not how you want to perform.)*

How will I know when I am honouring this choice?
(A feeling, a signal, or a simple check-in.)

When things get busy or noisy, I want to remember:
(A short reminder you can return to.)



A grounding close

This is not a rule you have to live up to.
It's a reference point you can return to.

You are allowed to adjust, pause, and begin again.
Honouring something is not about consistency.

It's about honesty.

2026 My Word or Theme for the Year

By now, you've reflected deeply.

You've clarified what matters, how you want the year to feel, and how you'll support yourself as you live it.

This section is not about adding anything new.

It's about distilling what you've already uncovered into a simple reference you can carry with you.

A word or short phrase that captures how you want to move through the year ahead.

Not as a rule.
Not as a goal.
But as a reminder.

Something you can return to when things feel busy, unclear, or stretched.

My word or theme for 2026 is:

This word captures the year I'm choosing because:
(What does it remind you of? What does it bring you back to?)

When I'm unsure or distracted, this word helps me remember:
(What does it guide me back toward?)

I will keep this word visible by:
(A note, a phone reminder, a journal page, or another quiet prompt.)



A gentle note

This word is not something you need to live up to.
It's something you return to.

It doesn't demand consistency or perfection.
It supports awareness.

Over time, this word becomes a simple guide helping you make choices that feel clear, grounded, and honest.

2026 A Gentle 90-Day Rhythm

You don't need to do this all at once.
Just begin with what feels most true.
Let the next 90 days be a small, steady practice.

Based on what I've named in this ritual: what I'm releasing, what I'm calling in, and the word I'm returning to. This is how I want to begin.

My word for 2026:

One focus for the next 90 days:

One micro-shift I'll practise (small and repeatable):

One support I'll put in place (to make this easier):

One thing I'll say no to (what I'm releasing in real life):

I'll know I'm living this when:

2026 A Note I Can Return To

As you close this ritual, take a moment to acknowledge where you are now.

You've reflected on the year that's been.
You've listened to what matters now.
You've named what matters and how you want to live it.
You've considered how you want to support yourself as the year unfolds.

This final page is not about the future version of you needing to do more, be more, or get it right.

It's about offering yourself something steady to return to.

A note written from clarity.
A reminder from the part of you that knows what matters.
Something you can come back to when the year feels full, uncertain, or noisy.

Let this be a message you write with honesty and kindness.

A note to myself for the year ahead:
(Write to yourself as you are now, not as who you think you should be.)

When I forget what matters, I want to remember:

What I trust about myself as I move into 2026:

A reminder I want to carry with me:
(A sentence, phrase or truth that feels grounding and supportive.)

2026

A Quiet Close

This year does not require perfection.
It asks for attention.

It doesn't ask you to force clarity.
It asks you to stay in relationship with yourself.

You are allowed to move forward at your own pace.
You are allowed to adjust, pause, and begin again.

What you've named here is something you can return to, not something you have to live up to.

Let this note be a companion through the year ahead.
A quiet place to come back to yourself.

2026

Closing the Ritual

As you finish this journal, take a breath.

Notice how you feel.
Notice what has settled.

There is nothing you need to rush into next.
You've already begun.

Welcome in the year ahead.

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