

LOVE YOURSELF

YEAR IN REVIEW

ANSWER: LOVE MYSELF

REFLECTIONS

This is not a worksheet for becoming some “better version” of yourself
it's a quiet invitation to notice who you've been all along.

7 topics, ~3 questions, 1 contemplative session

THE CAUSE OF MY EUPHORIA

(DELIGHT & WONDER)

BEST OF ME

(STRENGTHS & CONTRIBUTIONS)

THE TRUTH UNTOLD

(BEING TRULY SEEN)

ZERO O'CLOCK

(RESETTING)

BLUE & GREY

(FACING WHAT'S UNDERNEATH)

YET TO COME

(BECOMING)

STRONG POWER, THANK YOU

(*GRATITUDE)

*More than 3 questions
**Lyrics, Lyric Translation, Activity, & Hangul Practice at the end

There's no one to impress.

There's nothing to prove.

The goal, at least here, is NOT productivity, it's self-(re)discovery.

Grab a mug of your favorite something and your favorite pen/pencil.

Be honest and have fun!

Thank you for sharing 2025 with me for however long or however briefly!

If you're just finding me, hello!

Stay curious.

Let's work to protect the gentleness of our little community—
in so doing, we'll remain more formidable than most.

They found us. We found each other.

Be sure not to lose yourself.

Cheers to a beautiful 2026!

Run, Beautiful

Love,

TK



@tk.insights

THE CAUSE OF MY EUPHORIA

(DELIGHT & WONDER)

- Can you recall a moment this year when your body responded before your thoughts? A smile, a pause, a quickened heartbeat...
- When did you last lose track of time doing something just because it pleased you? Did some part of you feel truly rested/renewed afterwards—even if just briefly?
- Name 3 random things you learned this past year to no productive end – just because you were curious – just because learning, beholding brand new information – gives you joy. It can be silly, outright nonsense, etc.

BEST OF ME

(STRENGTHS & CONTRIBUTIONS)

- What are 3 concrete ways you showed up for someone else this year?
- What is something you handled/carried this year that quietly, but perhaps incessantly, required your steadiness, patience, and/or compassion?
- You made it this far. What quality in yourself has shown up reliably this year— even when things were difficult?

THE TRUTH UNTOLD

(BEING TRULY SEEN)

- What's something true about you that you wish more people understood?
- What person, practice, piece of art, or ritual helped keep you grounded when things felt chaotic?
- Consider a moment this year when you felt genuinely seen/known – what part(s) of you did they “see” that others may have missed? Take gentle note that your answer here is important to how you see yourself!

ZERO O'CLOCK

(RESETTING)

- What's something you've been afraid to want out loud?
- What desire/interest have you kept in your heart all this time –even if life may have muffled it a bit? Can you make room for it in 2026? or is it time to revisit, maybe even grieve, and recalibrate – make room for new treasures?
- If no one needed anything from you, what might you feel drawn toward exploring/exploring again?

BLUE & GREY

(FACING WHAT'S UNDERNEATH)

- What do you reach for when you feel overwhelmed or powerless? Does it help you or only numb you? Sometimes numbing IS helping – but not always.
- What are you leaving behind – a belief, a relationship, a habit, etc. – that no longer fits who you are or want to become?
- If your anxiety could talk, what would it say it's trying to protect you from?

YET TO COME

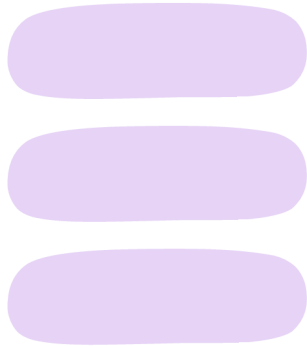
(BECOMING)

- What is one way you already contribute to the world immediately around you – even if it feels ordinary?
- In what ways does your current life reflect what you care about – where does it feel misaligned? Is there something to be done or just to be accepted for now?
- What's one way you want to show up differently for yourself in 2026 –not because you were broken, but because you ARE ready?

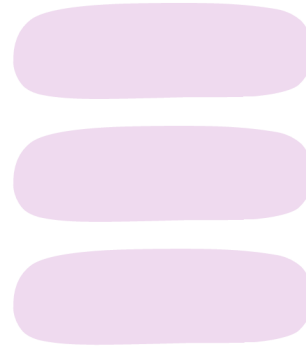
STRONG POWER, THANK YOU

(GRATITUDE)

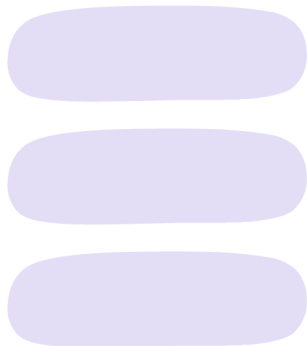
3 PEOPLE THAT MADE A
BIG IMPACT ON YOUR 2025



3 PEOPLE YOU IMPACTED
FOR GOOD IN 2025



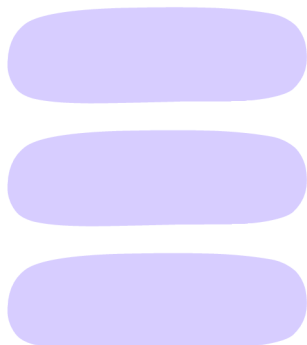
TOP 3 MOMENTS YOU
LAUGHED TIL YOU CRIED



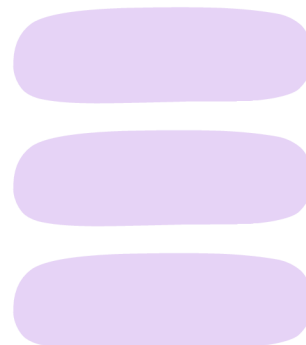
TOP 3 FOODS/MEALS
ENJOYED IN 2025



TOP 3 SONGS THAT
KEPT VIBES LOCKED IN



TOP 3 MOVIES THAT
MADE YOU FEEL AGAIN



ANSWER: LOVE MYSELF

ORIGINAL LYRICS

눈을 뜬다 어둠 속 나
심장이 뛰는 소리 낮설 때
마주 본다 거울 속 너
겁먹은 눈빛 해묵은 질문

어쩌면 누군가를
사랑하는 것보다
더 어려운 게 나 자신을
사랑하는 거야
솔직히 인정할 건 인정하자
니가 내린 잣대들은
너에게 더 엄격하단 걸
니 삶 속의 굵은 나이트
그 또한 너의 일부 너이기에
이제는 나 자신을
용서하자 버리기엔
우리 인생은 길어
미로 속에선 날 믿어
겨울이 지나면
다시 봄은 오는 거야

차가운 밤의 시선
초라한 날 감추려
몹시 뒤척였지만

저 수많은 별을
맞기 위해 난 떨어졌던가
저 수천 개 찬란한
화살의 과녁은 나 하나

You've shown me I have reasons
I should love myself
내 숨 내 걸어온 길 전부로 답해
어제의 나 오늘의 나 내일의 나
I'm learning how to love myself
빠짐없이 남김없이 모두 다 나

정답은 없을지도 몰라
어쩔 이것도 답은 아닌 거야
그저 날 사랑하는 일조차
누구의 허락이 필요했던 거야
난 지금도 나를 또 찾고 있어
But 더는 죽고 싶지가 않은 걸
슬프던 me
아프던 me 美
더 아름다울

그래 그 아름다움이
있다고 아는 마음이
나의 사랑으로 가는 길
가장 필요한 나다운 일, eh
지금 날 위한 행보는
바로 날 위한 행동
날 위한 태도
그게 날 위한 행복
I'll show you what i got
두렵진 않아 그건 내 존재니까
Love myself

시작의 처음부터
끝의 마지막까지
해답은 오직 하나

왜 자꾸만 감추려고만 해
니 가면 속으로
내 실수로 생긴
흉터까지 다 내 별자리인데

BTS, August 2018

ANSWER: LOVE MYSELF

TRANSLATED LYRICS

In the dark, I open my eyes
When even my heartbeat sounds unfamiliar
I face you in the mirror
Frightened eyes, long-buried questions

Maybe loving myself
Is harder than
Loving someone else
Let's honestly admit what needs admitting
The standards you set
Are always harsher on yourself
The thick rings of years in your life
Those are a part of you too
So now
Let's forgive ourselves
Life is too long to throw away
Trust myself – standing in the maze
When winter passes
Spring comes again

Under the cold gaze of the night
Trying to hide my small, fragile self
I tossed and turned endlessly

But did I fall
Just to be struck by all those stars?
Among those thousands of brilliant arrows
The only target was me

You've shown me I have reasons
I should love myself
With every breath, every step I've taken
—these are all my reasons
Yesterday's me, today's me, tomorrow's me
I'm learning how to love myself
Without leaving anything out
Every single part is me

There may be no right answer
Maybe this isn't even the answer
I just needed permission from someone
Even just to love myself
Even now, I'm still searching for myself
But I don't want to die anymore
The sad me
The hurting me
The me* who will become even more beautiful

Yes, simply knowing in my heart that
That beauty exists
Is the road that leads
To loving myself
The most necessary thing
Is being true to who I am, eh
The steps I now take for myself
Are actions for myself
An attitude for myself
This will become happiness for me
I'll show you what I got
I'm not afraid, this is who I am
Love myself

From the very first beginning
To the very last ending
The answer is only one

Why do you keep trying to hide
Behind your mask?
Even the scars born from my mistakes
Are all part of my constellation

BTS, August 2018

*trilingual wordplay, “미” (pronounced me) based off the Chinese character “美” meaning “beautiful” and “me”

REFLECTION

UNDERLINE WHICH LYRICS RESONATED WITH YOU IN 2025

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HANGUL PRACTICE

TRACE THE LYRICS

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솔직히 인정할 건 인정하자
니가 내린 잣대들은
너에게 더 엄격하단 걸
니 삶 속의 굵은 나이트
그 또한 너의 일부 너이기에
이제는 나 자신을
용서하자 버리기엔
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미로 속에서선 날 믿어
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난 지금도 나를 또 찾고 있어
But 더는 죽고 싶지가 않은 걸
슬프던 me
아프던 me 美
더 아름다울

그래 그 아름다움이
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BTS, August 2018