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## **December: Reflect, Release, Renew**

**Subject:** Reflect, Release, and Renew for the year ahead

Hi [Name],

As the year draws to a close, we invite you to take a moment to Reflect, Release, and Renew. This isn't about a fleeting resolution; it's about honoring the journey you've been on all year.

Look back at the habits you've built, the coaching sessions you've had, and the community members who have supported you. As you release the challenges of 2026, we are here to help you renew your commitment to a healthier, more vibrant you in 2027.

### **Final reflections of 2026:**

- **Review Your Stats:** Look back at your consistency and progress in the app.
- **Set Your Vision:** Work with your coach to define what "success" looks like for the new year.

We are honored to be part of your journey.

[\[Button: Reflect on My Progress\]](#)

Best,

[HR/Benefits Team]