2025 Year-In-Review

THE WHOLE LEADER:

YOUR HOLISTIC ANNUAL GUIDE TO REFLECT, RECALIBRATE, & RISE



powered by EZER & Co.

A LETTER FROM APRIL

Hi Friend,

Before you move into the next year, pause with me.

High-capacity leaders like you rarely create the kind of space that actually moves the needle—**space to reflect honestly, recalibrate intentionally, and rise purposefully.** But this is where exponential leadership actually begins. Not in the hustle. In the honesty.

This guide is your invitation to slow down long enough to hear your life speak. To recognize the patterns shaping you. To notice what's been draining your capacity and what's been building it. To realign every part of who you are — *physical, emotional, mental, relational, spiritual, and renewal* — so you can boldly step into your next season aligned and integrated.

You've carried a lot this year. More than most people know.

But you're still here. Still becoming. Still rising.

So take a deep breath.
Grab a pen.
And gift yourself this time.

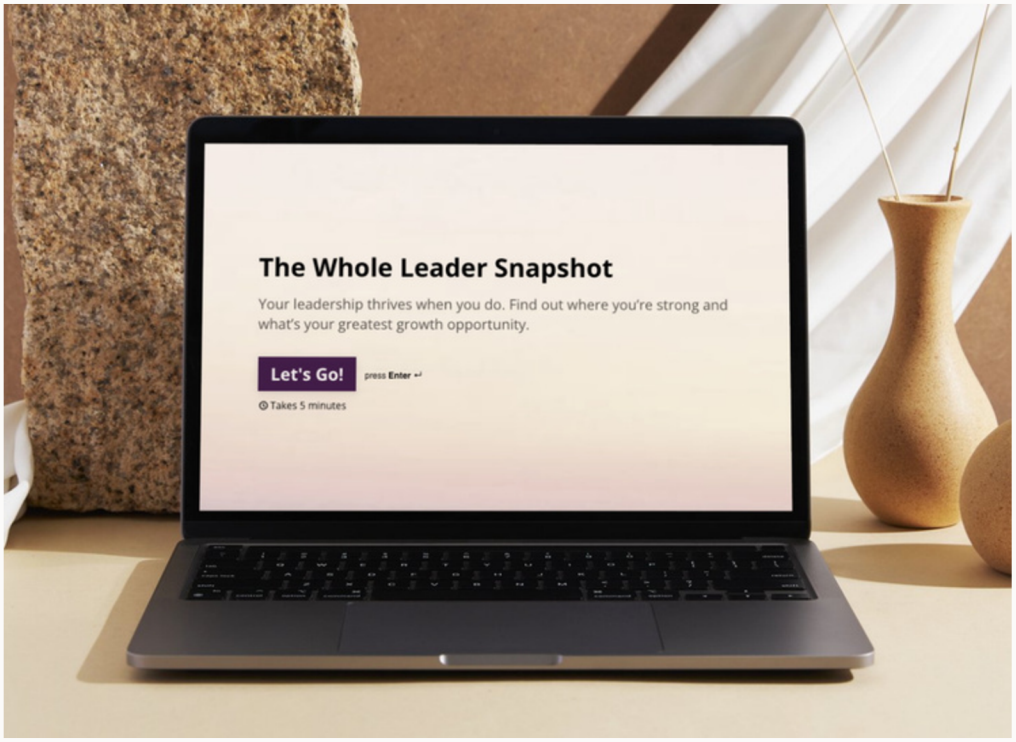
You are worth the investment.
And your next level requires this kind of leadership.

Let's begin.



April Diaz
Ezer & Co. Founder & CEO

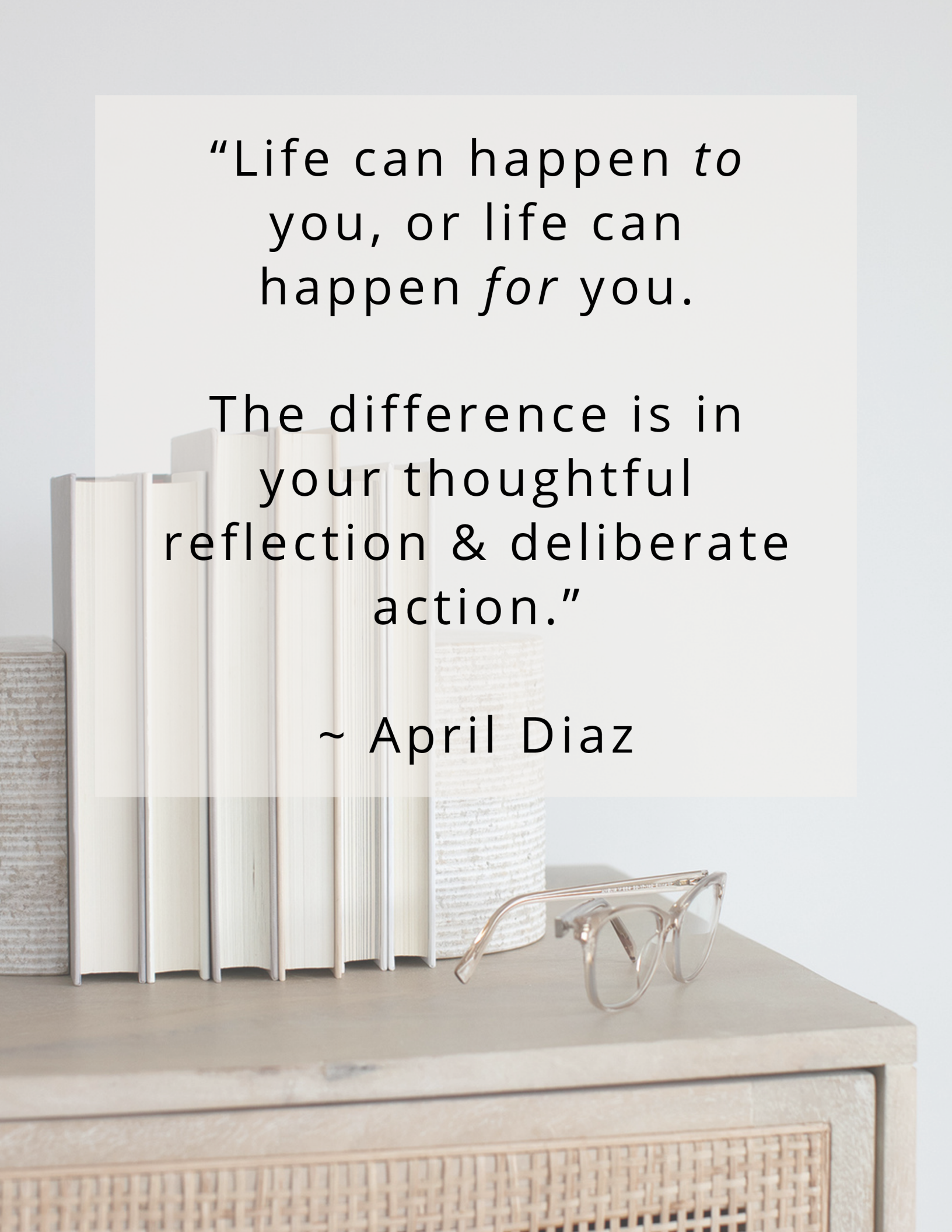
FIRST, DEFINE REALITY:



The Whole Leader Snapshot is a powerful diagnostic tool that's helped hundreds of leaders *identify their blind spots* and *create a clear path* to sustainable success in just minutes. It will be a helpful companion as you complete this review.

SCAN TO TAKE THE SNAPSHOT NOW:

or visit www.ezerandco.com



"Life can happen *to* you, or life can happen *for* you.

The difference is in your thoughtful reflection & deliberate action."

~ April Diaz

YOUR HOLISTIC LEADERSHIP 6-PART REVIEW INCLUDES:

1. Physical

Your body is the basis for your whole life.

2. Emotional

Your emotional intelligence is the #1 indicator of your success.

3. Mental

Your mindset makes or breaks your outcomes.

4. Relational

Your five closest relationships predict your results.

5. Spiritual

Your transformation requires your participation.

6. Renewal

Your burnout potential is directly correlated to your energy capacity.

REFLECT: LOOK BACK

POSTURE: curious & honest
GOAL: Extract the truth, lessons, and patterns of your year.
Scan your calendar, photos, journal entries, text threads, and major milestones. Don't rely on memory—it's selective. Capture specifics: dates, people, decisions, disruptions, turning points, and emotional highs/lows.

What was your 2025 word or theme, and how did it play out?

What were your top hopes or goals coming into the year? How did they materialize? Why?

What were the defining moments of this year? Consider breakthroughs, opportunities, conflicts, surprises, and transitions.

What wins (small and big) deserve real celebration?

When did you feel most aligned, grounded, empowered, or alive? What contributed to that moment?

REFLECT: LOOK BACK

What losses, challenges, or disappointments marked your year? What did they reveal about your expectations or desires?

What habits, rhythms, or boundaries strengthened you this year?

What 3–5 lessons shaped your leadership, identity, or impact?

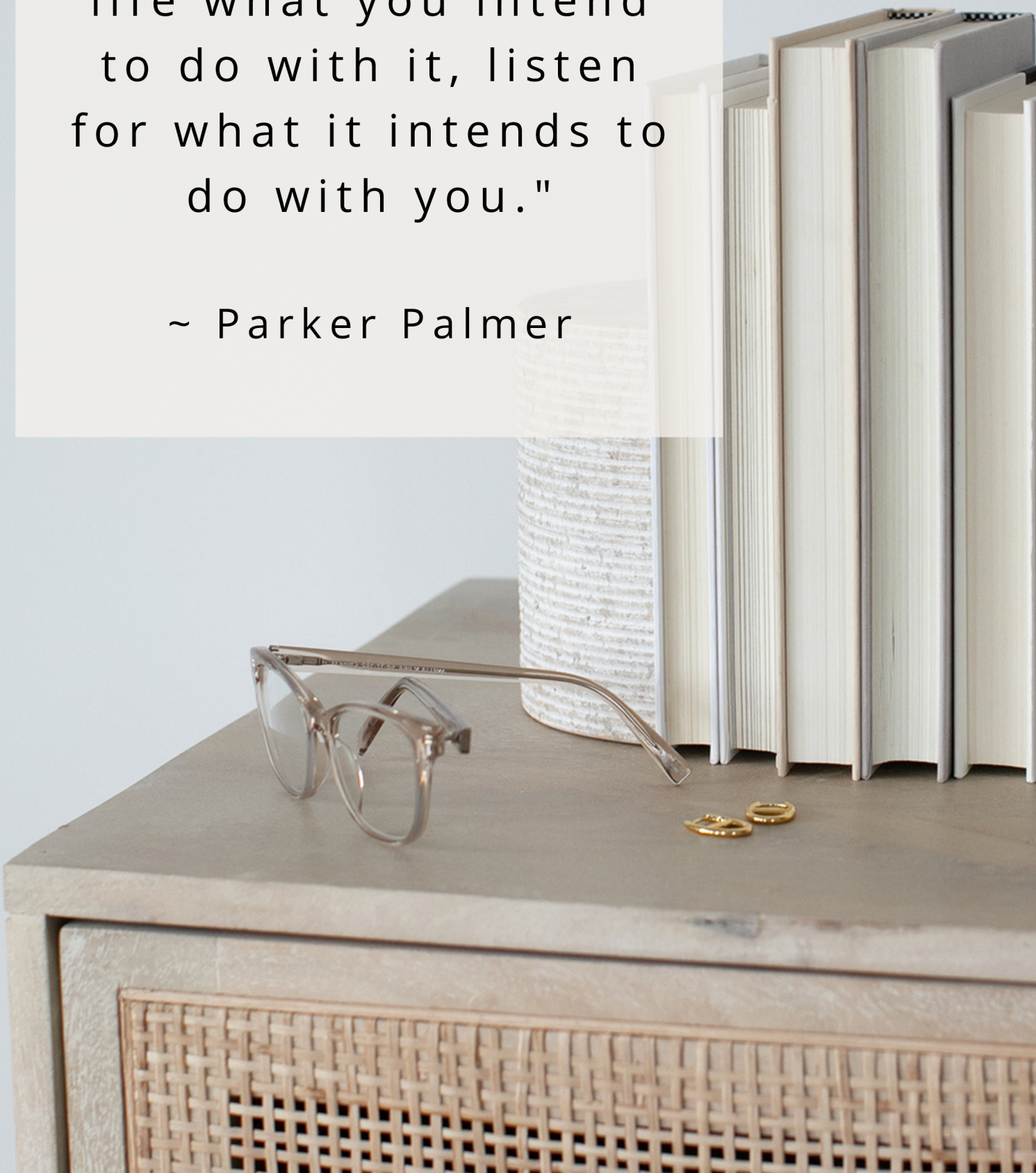
What were the 2-3 major themes of this year?

IN ONE PHRASE, HOW DO YOU WANT TO REMEMBER 2025?

IN ONE WORD, HOW WOULD YOU DESCRIBE YOUR LEADERSHIP THIS YEAR?

“Before you tell your life what you intend to do with it, listen for what it intends to do with you."

~ Parker Palmer



RECALIBRATE: LOOK WITHIN

POSTURE: open & willing
GOAL: Identify what aligns, what drains, and what needs to shift.
Evaluate each dimension of holistic leadership. Tell the truth about where you are and where you're out of sync.

The Holistic Snapshot
In one sentence, describe how you're doing in each dimension, then assign a percentage of your potential you're operating at:

- Physical: ___%
- Emotional: ___%
- Mental: ___%
- Relational: ___%
- Spiritual: ___%
- Renewal: ___%

WHAT'S WORKING RIGHT NOW?	WHAT'S NOT WORKING RIGHT NOW?
Consider each dimension.	

RECALIBRATE: LOOK WITHIN

What's helping you grow or thrive?

What's diminishing your energy, clarity, or wholeness?

What beliefs, emotions, or habits are holding you back?

What have you been avoiding, postponing, or pretending not to know?

What's absolutely clear to you right now?

If you had to summarize how you're ending this year—in a song, word, metaphor, or image—what would it be?



When you expand your **internal capacity**, you'll naturally get different **external results**.

~ April Diaz

RISE: LOOK AHEAD

POSTURE: daring & bold
GOAL: Create a future aligned with purpose, capacity, and wholeness. Visualize yourself one year from now. Picture your energy, leadership, relationships, and purpose. Be specific. Clarity creates momentum.

Imagine the Future You
What would you love to be true in each dimension?

PHYSICAL:	**EMOTIONAL:**
MENTAL:	**RELATIONAL:**
SPIRITUAL:	**RENEWAL:**

What's the ONE THING you most want to achieve in 2026?

Who do you need to become to make that outcome inevitable? (habits, mindsets, beliefs, investments)

RISE: LOOK AHEAD

Your Leadership Shifts

What will you need to:

- Start:
- Stop:
- Shift:

Name three people who can support your growth and hold you accountable:

1.
2.
3.

PRO TIP: Share the link to this guide with them for greater support.

Upcoming Realities

Is there anything unique happening next year *(big trips, job changes, finances, milestone events)* that will shape your plans?



RISE: LOOK AHEAD

YOUR ANCHOR:

What word or image will center your holistic leadership in 2026?



SURRENDER YOUR YEAR:

Write a brief commitment or prayer of surrender that aligns your intention with God, your purpose, and your whole self.

If this guide was helpful for you, please share with another leader who'd benefit.

YOUR NEXT STEP FOR 2026:
JOIN ME LIVE IN JANUARY

THE STRESS ADVANTAGE:

THE #1 SHIFT HIGH-ACHIEVING LEADERS MAKE FOR AN UNFAIR ADVANTAGE

I'm hosting a **FREE, 60-minute live training** for high-capacity leaders who want to expand their influence without sacrificing their soul, health, or purpose.

This webinar will help you:

- Complete the biological stress cycle so you stop living in survival mode.
- Shift from time management to holistic, energy-based leadership.
- Access the six types of energy that fuel sustainable influence.
- Build capacity without burnout.
- Step into 2026 whole, clear, and ready to rise.

This is not another motivational, rah-rah session.
It's based in neuroscience and practices you'll want to start now.

Save your seat and register now ➡️

Your next level of leadership begins here.

EZER & Co.

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