

# More year ahead

Add **more** to your wellbeing journey ...

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2023 «|» 2024

# Year planning booklet

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## What is this?

This booklet will help you assess the past year and plan the year ahead of you.

## Why is this good for me?

Planning your year is a good habit. It can help you become more aware of your successes and sorrows and make you realise how much can happen just in a year. By learning from the past, you can plan your future so that you don't repeat the same patterns, and you feel more in control of your own life.

## What do I need?

### 1st version (lone wolf version)

- at least three hours of uninterrupted time (to look back)
- at least one hour of uninterrupted time (to plan the year)
- a calendar of the past year
- a printed version of this workbook
- honesty and openness
- a selection of your favourite pens

### 2nd version (group version)

- a group of inspirational people (2-10 persons)
- at least four hours of creative time
- a calendar of the past year
- a printed version of this workbook
- honesty and openness
- a selection of your favourite pens

# Get ready

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Arrive.

Put on some relaxing music.

Pour yourself a hot beverage.

Let go of all of your expectations.

Start when ready.

# The past year

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## Going through your calendar

Go through last year's calendar week by week. If you see an important event, family gathering, friendly get-together or a significant project, write it down here.

# The past year

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## This is what my last year was about

What aspects were the most important to you in the following areas last year\*? Which happenings or events were the most significant? Summarise briefly.

personal life and family

work, studies, profession

belongings (home, objects)

relaxation, hobbies, creativity

friends, community

health, fitness

intellectual

emotional, spiritual

finances

bucket list\*\*

\*The aspects are defined by what is important to you. We haven't defined this on purpose. \*\*

In case you achieved something this year that you always wanted to achieve.

# The past year

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## Six sentences about my past year

The wisest decision I made...

The biggest lesson I learned...

The biggest risk I took...

The biggest surprise of the year...

The most important thing I did for others...

The biggest thing I completed...

# The past year

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## Six questions about my past year

What are you most proud of?

Who are the three people who influenced you the most?

Who are the three people you influenced the most?

What were you not able to accomplish?

What is the best thing you have discovered about yourself?

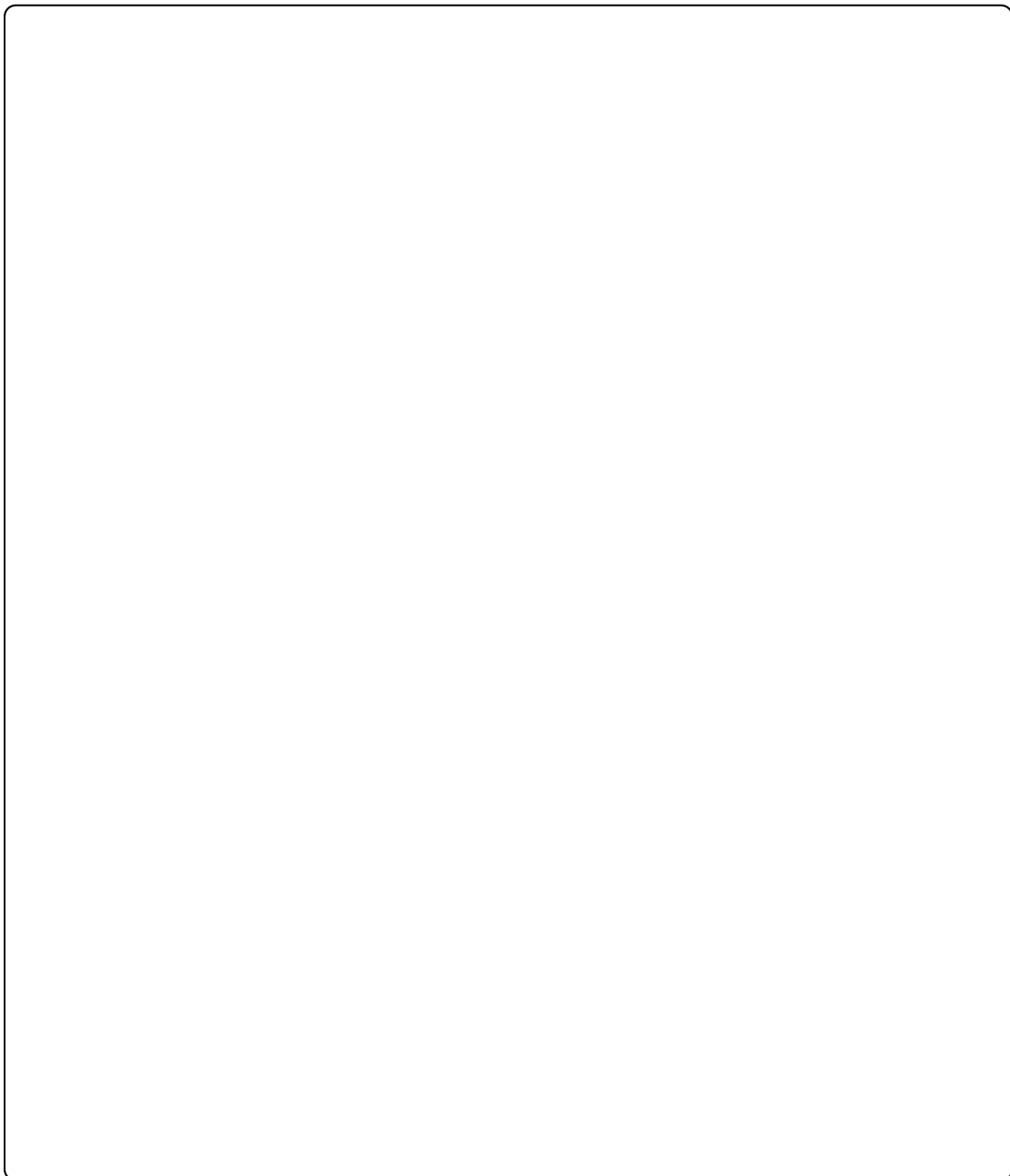
What are you most grateful for?

# The past year

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## The best moments

Describe the greatest and most memorable, joyful moments from last year. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What kind of smells, sounds or tastes do you remember?

A large, empty rectangular box with a thin black border, intended for drawing and writing about the best moments from the past year.



# The past year

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## Three of my biggest accomplishments

List your three greatest accomplishments from last year here.

What did you do to achieve these?

Who helped you achieve these successes? How?

## Three of my biggest challenges

List your three biggest challenges from last year here.

Who or what helped you overcome these challenges?

What have you learned about yourself by overcoming these challenges?

# The past year

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## Forgiveness

Did anything happen during the past year that still needs to be forgiven? Deeds or words that made you feel bad? Or are you angry with yourself? Write it down here. Do yourself good by forgiving.\*

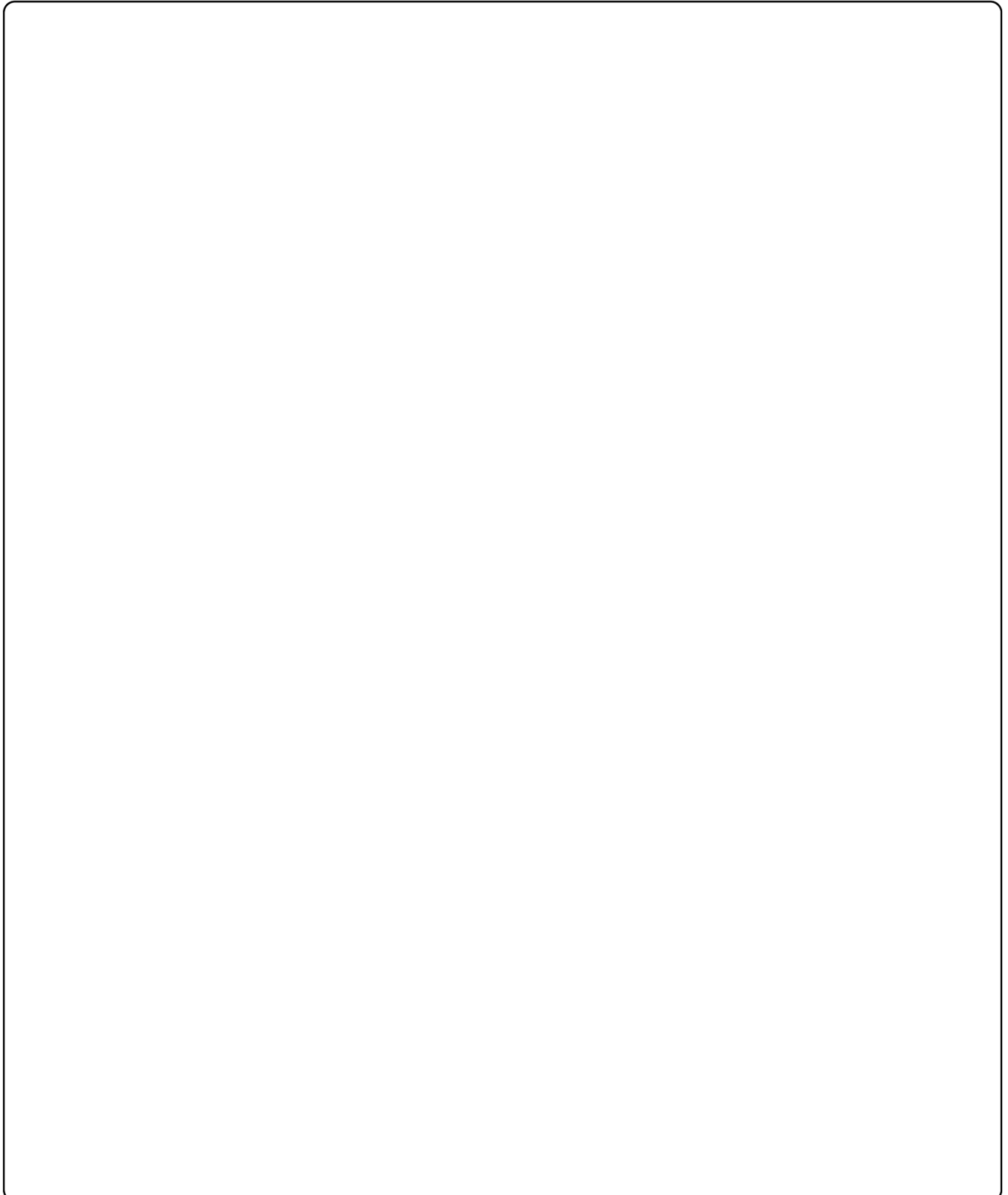
\*If you don't feel ready to forgive yet, jot it down anyway. It can work wonders.

# The past year

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## Letting go

Is there anything else you need to say? Is there anything you have to let go of before you can start your next year? Draw or write, then think about it and let it all go.

A large, empty rectangular box with a thin black border, intended for drawing or writing. It occupies most of the page below the text.

# The past year

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## The past year in three words

Choose three words to define your past year.

## The book of my past year

Someone made a book about your past year\*. Write down its title.

\*Apologies if we got it wrong and yours was made into a film. Sorry about that.

## Goodbye to your last year

If there is anything else left that you would like to write down, or there is anybody you would like to say goodbye to, do it now.

You're done with the past year.

You have just finished the first part.  
Take a deep breath.

Get some rest.

More **year ahead**

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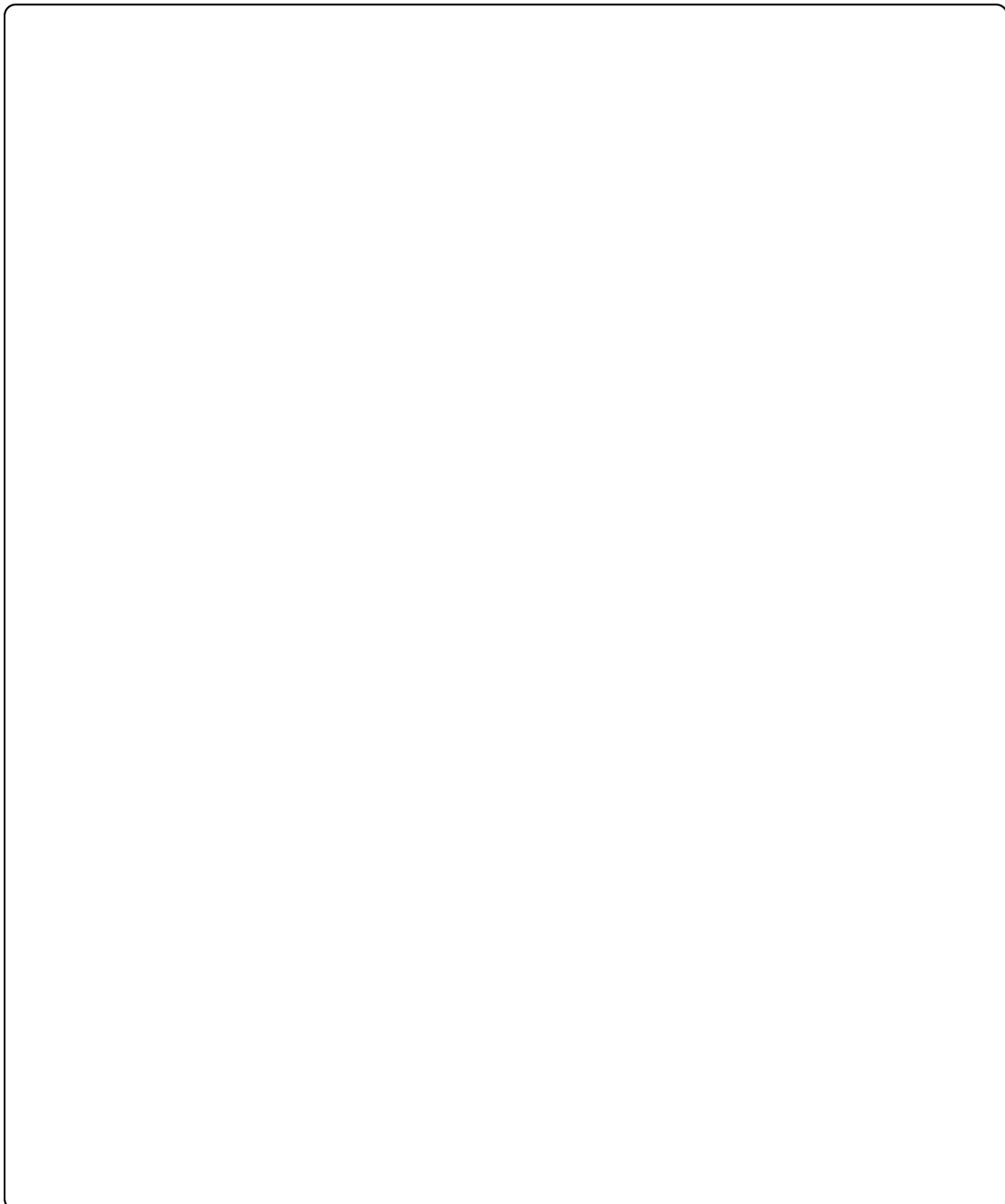
2024

# More **year ahead**

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## Dare to dream big

What does the year ahead of you look like? Why will it be great? What would happen in an ideal world? Write, draw, let go of your expectations and dare to dream.

A large, empty rectangular box with a thin black border, intended for students to write or draw their dreams for the year ahead.

# More year ahead

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## This is what my next year will be about

Define the most important aspects of next year in the following areas\*. Which events will be the most important? Summarise briefly.

personal life and family

work, studies, profession

belongings (home, objects)

relaxation, hobbies, creativity

friends, community

health, fitness

intellectual

emotional, spiritual

finances

bucket list\*\*

\*We still don't have exact definitions, use your own discretion.

\*\* This is where you can list goals you eventually want to achieve.

# More year ahead

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## Magical triplets for the year ahead

I will love these three things about myself.

I am ready to let go of these three things.

I want to achieve these three things the most.

These three people will be my pillars during rough times.

I will dare to discover these three things.

I will have the power to say no to these three things.



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## Magical triplets for the year ahead

I will make my surroundings cozy with these three things.

I will do these three things every morning.

I will pamper myself with these three things regularly.

I will visit these three places.

I will connect with my loved ones in these three ways.

I will reward my successes with these three presents.

# More year ahead

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Six sentences about my next year

This year I will not procrastinate any more over...

This year I will draw the most energy from...

This year, I will be bravest when...

This year I will say yes when...

This year I advise myself to...

This year will be special for me because...

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## My word for the year ahead

Pick a word to symbolise and define the year ahead. You can look at this word if you need some extra energy, so you remember not to give up your dreams.

## Secret wish

Unleash your mind. What is your secret wish for the next year?

More year ahead

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I believe anything is possible this year.

Date:

I affirm

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