

More year ahead

Add More to your well being journey ...

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2020 « | » 2021

YEAR PLANNING BOOKLET

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

Arrive.

Put on some relaxing music.

Pour yourself a hot beverage.

Let go of all of your expectations.

Start when ready.

THE PAST YEAR

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.

More YEAR AHEAD

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? Summarize 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.

SUPPLEMENT

WHY THE SUPPLEMENT?

2020 had something unexpected for all of us and was hard for most of us. It had its unique challenges, so we thought we should provide you with some unique tools to meet those obstacles. We focused on three specific areas: confronting the loss of control, taking stock of the profoundly changed daily life, and assessing the health of your social circle. We aim to give you the tools with which you can find peace and resilience in this turmoil.

HOW DOES IT FIT INTO THE REGULAR YEARCOMPASS?

We recommend starting with the core YearCompass booklet. Pause on page 5, do this supplement, then continue where you left off.

DISCLAIMER

The year might have been harder on you than most. You might have encountered loss, insecurity, and genuine hardship. Doing the supplement can dredge up strong feelings, and while we think it's a useful tool, it's certainly not a stand-in for therapy. If you feel severe discomfort, please seek professional help.

CONTROL

REDEFINING CONTROL

The Stoics of old had excellent teaching: you can only control three things—your actions, words, and how you handle your own emotions. Everything else is outside of your power. Unfortunately, we often forget this truth. We obsess and worry about things that we have no real influence over. Let's recalibrate that. Write down everything that concerns you right now. Once you're ready, mark the items you can solve on your own by doing something, saying something, or reframing your emotions.



Take a look at your box of worries. We assume that there are a lot of items left uncircled. That's a good thing. It should remind you that you don't have to bear the weight of the whole world on your shoulders. Concentrate on your actions, words, and emotions. Try to let the rest go.

ACTIVITIES

WHAT YOU DIDN'T DO THIS YEAR

2020 was a series of upheavals, large and small. Plans got canceled, habits have been upended. Take a moment and list all the things you didn't get to do this year. Write down the travels, social occasions, adventures, or habits the pandemic took away. It's okay to mourn and to be somewhat pissed.

ACTIVITIES

HOW YOU ROLLED WITH THE PUNCHES

You are resilient. Smart. Adaptive. Now that you listed all the ways this year went wrong, it's time to collect your triumphs. List the times when you made it work in 2020. Habits you redesigned for quarantine, workarounds you came up with to meet people, new hobbies, or experiences you discovered along the way. Celebrate that even a global pandemic couldn't stop you entirely.

It's human nature to focus more on the negative side. We concern ourselves endlessly with our shortcomings and what we do not have and take the things we do right as a given. Be conscious of the imbalance and try to counteract it. Take a look at your triumphs and feel some pride that you lived through 2020.

ACTIVITIES

EDIT WHAT YOU DO

Take another look at your box of missed things. Is there something in it that's even better not to have in your life anymore? Maybe you're glad that the morning commute is over or that you don't have to sit in on endless meetings. If so, write these lessons down. They might come in handy when the pandemic is over, and you'll decide what's next for you.

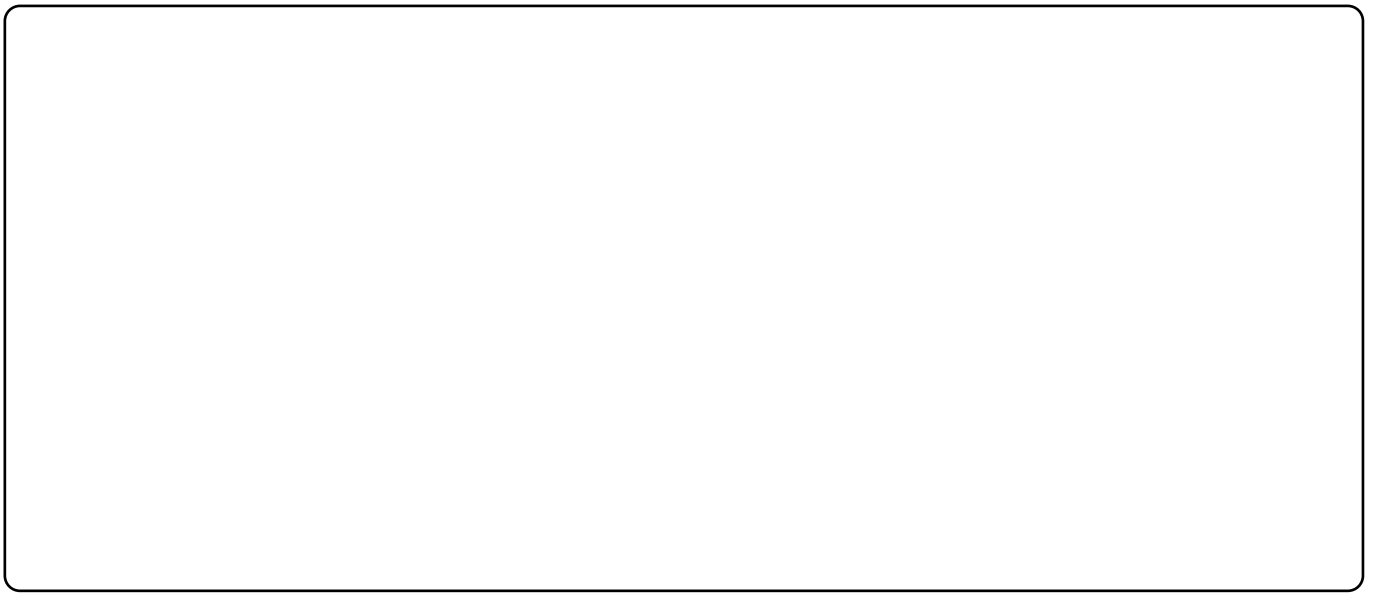
AN EVEN BETTER TOMORROW

Before we finish this section, take one last look at your losses and your triumphs. Is there something among your losses that you could turn into a victory by applying some of the lessons you learned this year? Write down some ideas on how you could design an even better life for yourself in the pandemic.

SOCIAL CIRCLE

SOCIAL DISTANCE

Even worse than the lost activities and routines are the lost social connections we all experienced this year. Take a moment to think about the people with whom you lost touch. Write, doodle, and draw about them freely. How does the distance from them make you feel? Again, it's okay to feel some anger at the virus. Feel free to express your emotions on paper.



A SMALLER CIRCLE

Most of us experienced the shrinking of our social circles. It is not necessarily a bad thing. Fewer people can mean deeper connections and more quality time with each other. Who are close to you these days? Who did you manage to keep regular contact with, and how?



SOCIAL CIRCLE

IS EVERYONE PRESENT?

Take a look at the circle you managed to keep. Are you satisfied with it? Is there someone you miss from your core group of people?

YOUR BEST PEOPLE

Who are the three people you were closest with this year? What was it that kept you together during these trying times? Are you grateful to them for something?

It's always a good idea to tell people you care about them. Consider texting your three closest people or giving them a call about why you're grateful for them.

LOOKING FORWARD

List three things you'll do to keep your existing circle close.

List three things you'll do to reconnect with people you miss from your circle.

SUMMARIZE

SUMMARIZE AND CELEBRATE

You got to the end of the pandemic supplement. Congratulations! We sincerely hope that this is the last time you had to fill out something like this.

Please take a moment to celebrate yourself. You got through an incredibly tough year, and that's no small feat.

Use the remaining space on this page to tell yourself why you are proud of yourself. You can write, rhyme, doodle, paint—whatever feels appropriate.

A large, empty rectangular box with a thin black border, intended for the user to write, rhyme, doodle, or paint. The box is positioned below the instructions and occupies most of the lower half of the page.

More YEAR AHEAD

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...

More YEAR AHEAD

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?

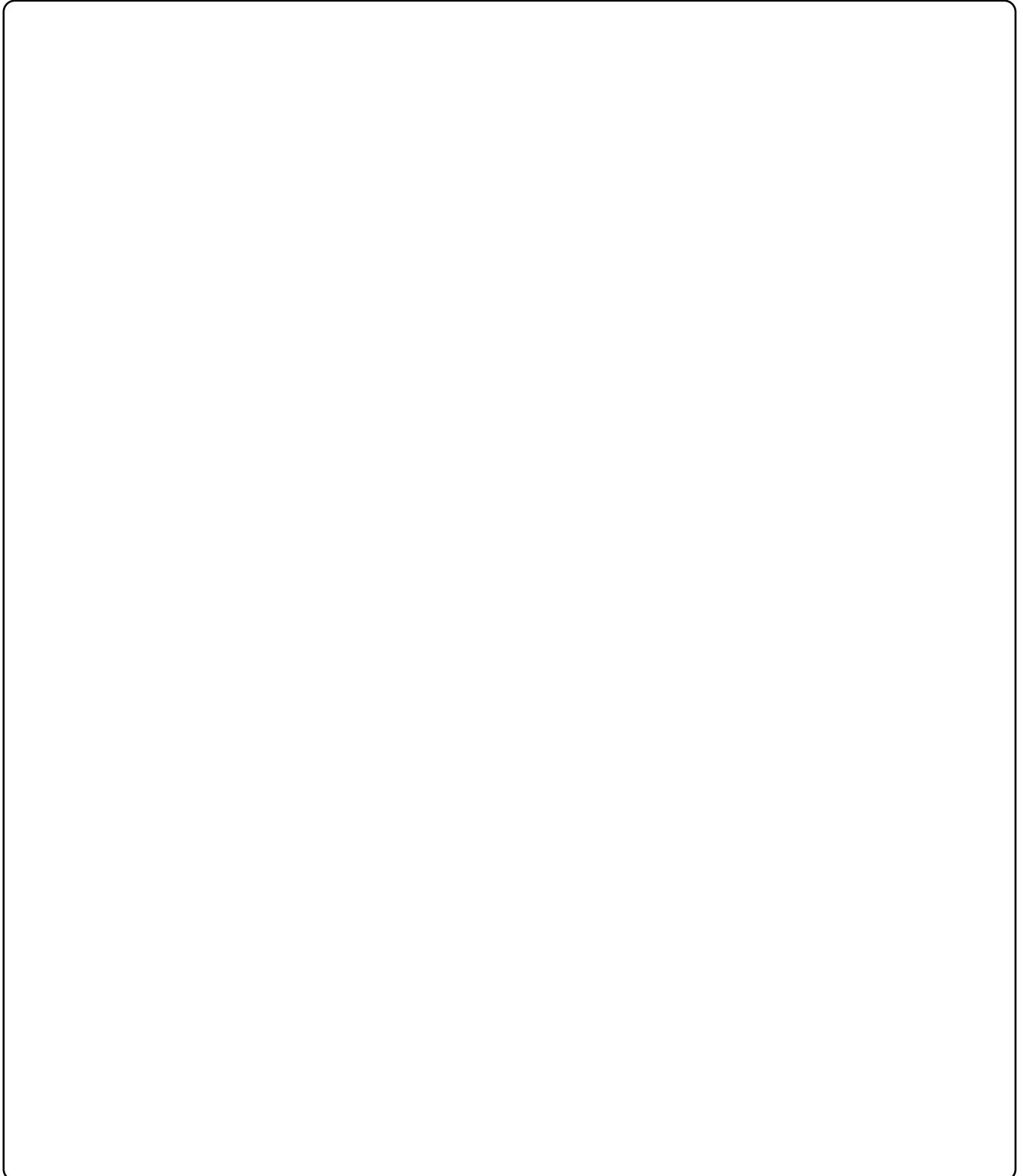
What is the best thing you have discovered about yourself?

What are you most grateful for?

More YEAR AHEAD

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?



More YEAR AHEAD

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?

More YEAR AHEAD

FORGIVENESS

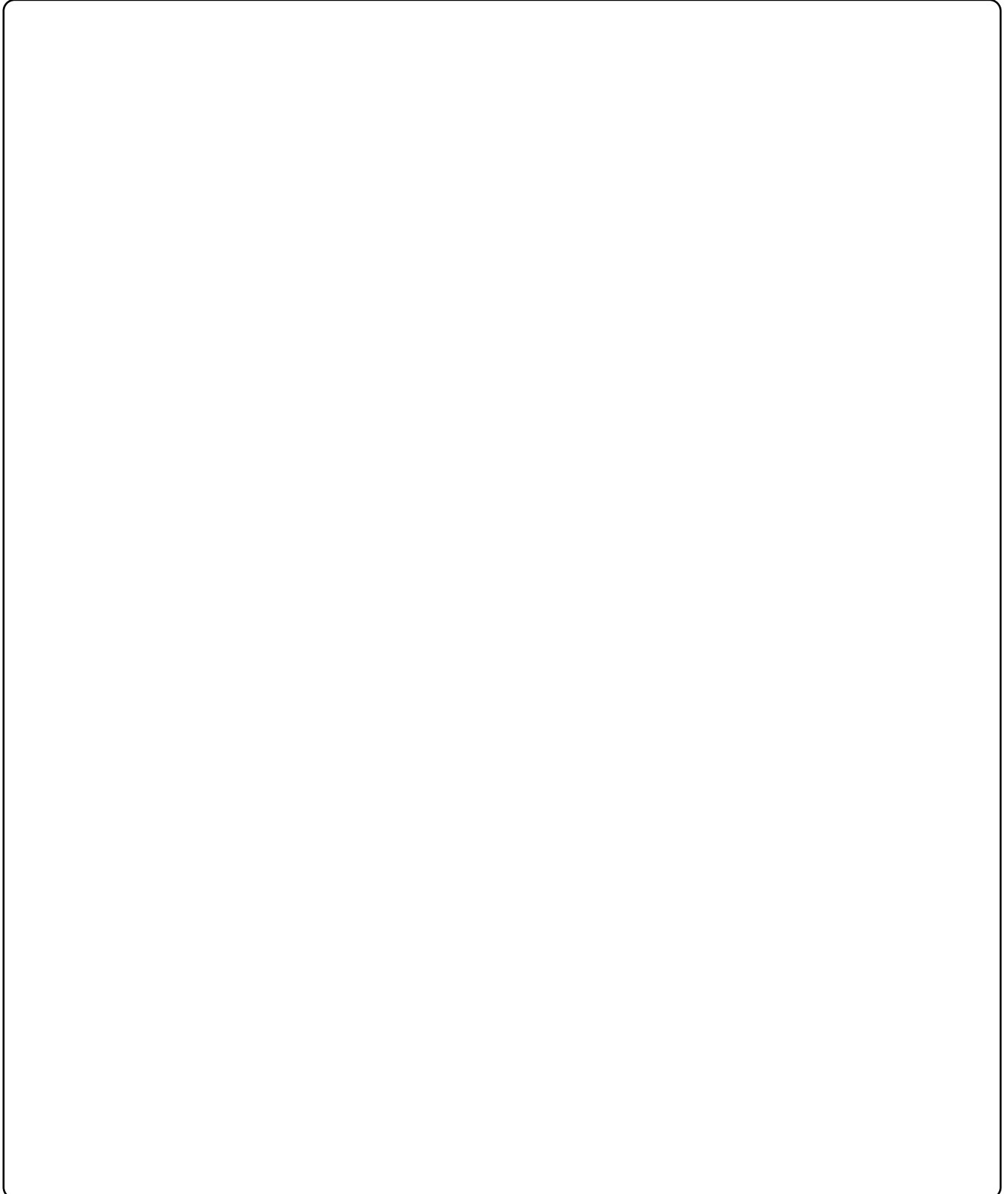
Did anything happen during the past year that still needs to be forgiven? Deeds or words that made you feel bad? Or are you angry with yourself? Write it down here. Do yourself good by forgiving.*

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

More YEAR AHEAD

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.



More YEAR AHEAD

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.

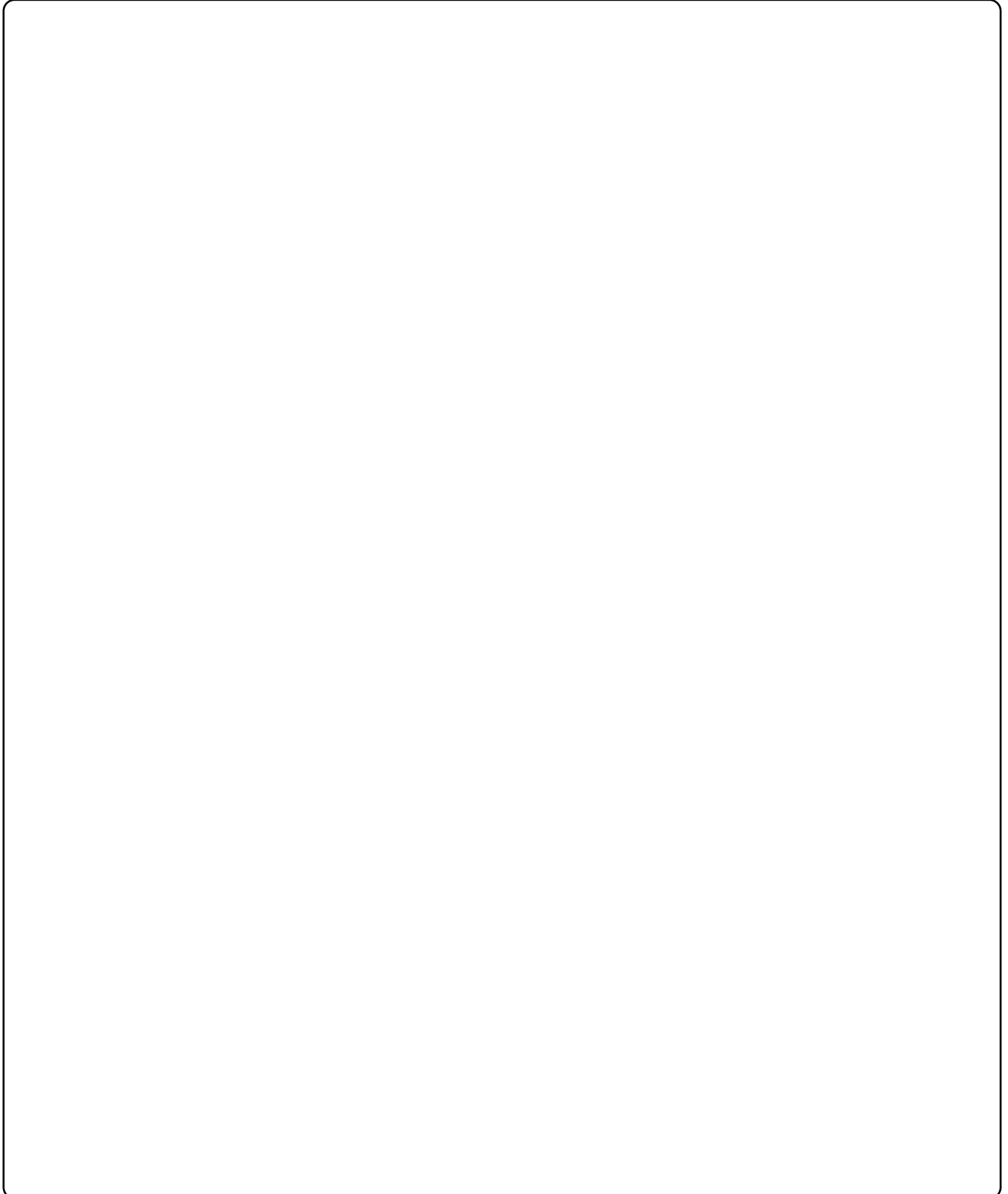
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2021

More YEAR AHEAD

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.



More YEAR AHEAD

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

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.

More YEAR AHEAD

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

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?

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I BELIEVE ANYTHING IS POSSIBLE THIS YEAR.

Date:

I affirm