



On my way...

Objectives

Year's end is the time when one cycle ends and a new one starts. Use this layout chart to reflect in a simple way about the passing year and to clarify what you want to focus in this new cycle.

Pause

Stop and take a deep breath. Close your eyes and in your mind try to look back at the past 12 months, what are the moments you remember. Once ready open your eyes.

Expanding

Choose 3 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and word on each card. If stuck we always invite you to go to the book of the tool for more inspiration.

Focus and action

Write down your main insights, observations and 3 actions that will move you. One for today, one for next week and one for the upcoming month.

[2] For what do I want to forgive myself this year?

My Card:

[1] What do I want to Celebrate in Myself this year?

My Card:

[3] What will I seek for myself in the upcoming year?

My Card:
