

THE YEAR AHEAD

I BELIEVE ANYTHING IS POSSIBLE THIS YEAR.

Date:

signature

Made by the volunteers of YearCompass and Invisible University International.

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<http://yearcompass.com/en>

We are native Hungarians and this workbook is a translation of our original work.
Should you discover any typos, mistakes in grammar or nonexistent expressions
be kind and drop us a line via the above website.

If you'd like to give somebody a Year planning booklet as a gift
(and support our cause) follow this link:

<http://yearcompass.com/shop>

Dear Susannah Conway, thanks for the inspiration!

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THE YEAR AHEAD



2015 « | » 2016

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 realize how much can happen just in a year. By learning from the past you can plan your future in a way that you don't repeat the same patterns and feel more in control of your own life.

WHAT DO I NEED?

1ST VERSION (LONE WOLF VERSION)

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

THE YEAR AHEAD

MY WORD FOR THE YEAR AHEAD

Pick a word to symbolize 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?

YOU ARE NOW DONE WITH PLANNING YOUR YEAR.

If you've taken a photo while filling out the booklet feel free to use the hashtags:

#yearcompass #close2015 #plan2016

THE YEAR AHEAD

30 DAY CHALLENGE

You can do anything for 30 days. In the next year be brave and try out something new. If you like it and it makes you feel good, keep it as a good habit. If you were not made for each other, find another one. We have compiled a few ideas for a start.

FINANCES

- » I write down my expenses every day
- » I set aside all coins I get as change for my savings

HEALTH, FITNESS

- » I start the day with pushups
- » I eat fruit every day
- » I start every day with breakfast
- » I always choose the stairs
- » I ride the bike instead of using the car

RELATIONSHIPS

- » I call home every week
- » I hand-write a letter every week

MENTAL HEALTH

- » I write down three things every day I can be grateful for
- » I write a diary every day
- » I have an internet-free day every week
- » I meditate every week

MY 30 DAY CHALLENGE FOR THE YEAR AHEAD:

CREATIVITY, RELAXATION

- » I read or write every day
- » I learn 5 foreign words every day
- » I try a new recipe every week
- » I make a photo every day
- » I watch a TED video every day

EFFICIENCY

- » I choose the three most important things to do every day and I will do them
- » I always plan my days
- » I plan my week every Sunday

TIDY UP

- » I do the dishes right after each meal
- » I clean my desk once a week

COMFORT ZONE

- » I ask someone every day to take a photo of me
- » I ask somebody for a dance every day

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.

THE YEAR AHEAD

SIX SENTENCES ABOUT MY NEXT YEAR

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

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

This year, I will be the bravest when...

This year I will say yes when...

This year I advise myself to...

This year will be special for me because...

THE YEAR AHEAD

MAGICAL TRIPLETS FOR THE YEAR AHEAD

These three things I will make my surroundings cozy with.

These three things I will do every morning.

These three things I will pamper myself with regularly.

These three places I will visit.

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

With these three presents will I reward my successes.

THE PAST YEAR

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 do not have a definition on purpose.

** In case you achieved something this year, you always wanted.

THE PAST YEAR

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 YEAR AHEAD

MAGICAL TRIPLETS FOR THE YEAR AHEAD

These three things I will love about myself.

I am ready to let go of these three things.

These three things I want to achieve the most.

These three people will be my pillars during rough times.

These three things I will dare to discover.

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

THE YEAR AHEAD

THE YEAR AHEAD OF ME

JULY 2016

AUGUST 2016

SEPTEMBER 2016

OCTOBER 2016

NOVEMBER 2016

DECEMBER 2016

ANYTHING THAT'S LEFT OUT

THE PAST YEAR

SIX QUESTIONS ABOUT MY PAST YEAR

What are you the 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 the most grateful for?

THE PAST YEAR

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?

THE YEAR AHEAD

THE YEAR AHEAD OF ME

Think about the year ahead of you, and fill your calendar month by month. Write down what you are most certain about, but also plan with your dreams coming true. Write down motivational goals, but be sure to leave some space for surprise.

JANUARY 2016

FEBRUARY 2016

MARCH 2016

APRIL 2016

MAY 2016

JUNE 2016

THE 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? 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**

* We still don't have exact definitions, use your own discretion.
** This is where you can list those goals you eventually want to achieve.

THE PAST YEAR

THREE OF MY BIGGEST ACCOMPLISHMENTS

List your three greatest accomplishments from last year here.

What have you done 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 while overcoming these challenges?

THE PAST YEAR

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 good for yourself and forgive.*

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

THE YEAR AHEAD

DARE TO DREAM BIG

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

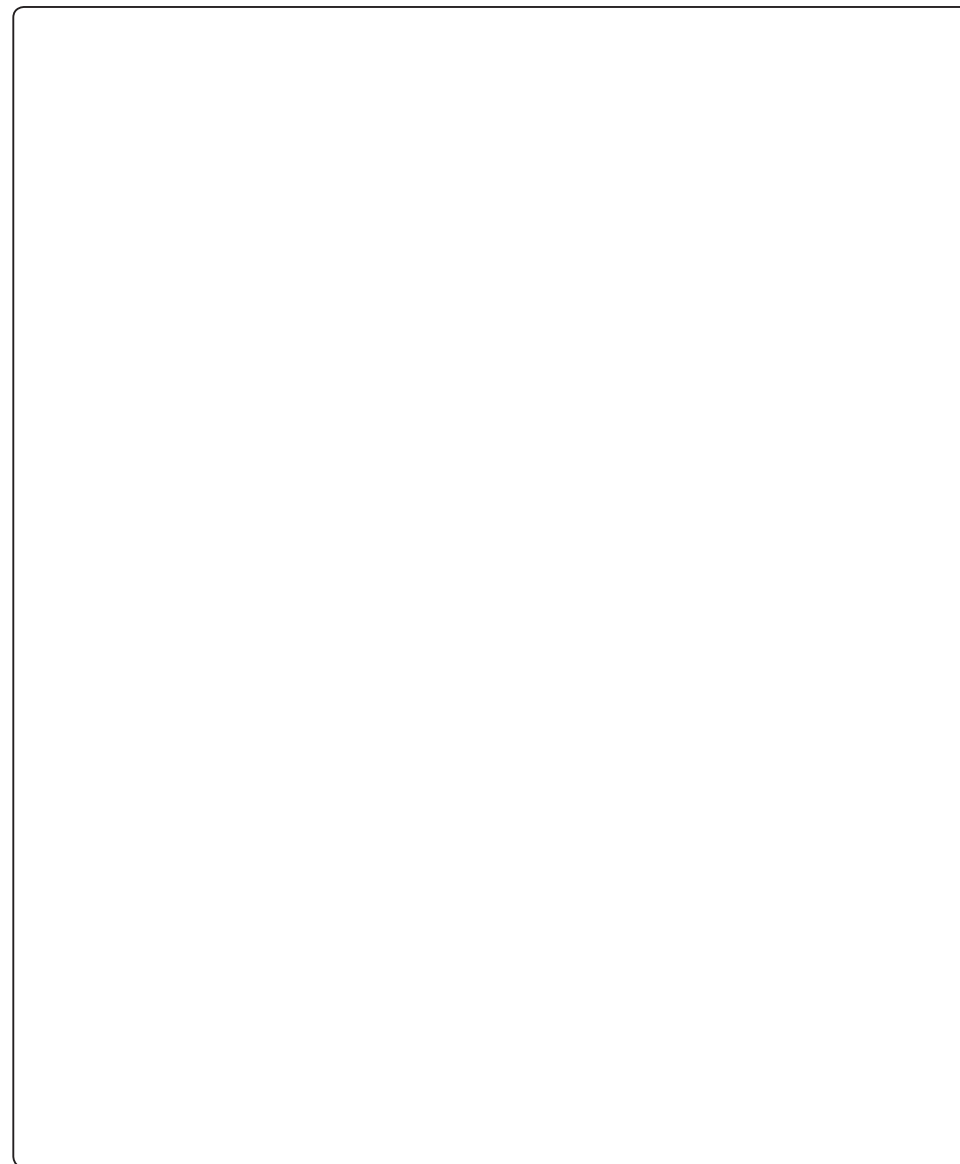
THE YEAR AHEAD

2016

THE PAST YEAR

LETTING GO

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



THE PAST YEAR

THE PAST YEAR IN THREE WORDS

Choose three words to define your past year.

THE BOOK OF MY PAST YEAR

A book was made about your past year*. Write down its title.

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

FAREWELL 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.

THE PAST YEAR

YOU'RE DONE WITH THE PAST YEAR.

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

Get some rest.