

THE YEAR AHEAD

I BELIEVE THIS YEAR ANYTHING IS POSSIBLE.

Date:

signature

Made by the volunteers of Invisible University International*:
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Invisible University is an international organization consisting of university students and young adults. Its vision is for every higher educational organization to have a community of volunteers organizing lifestyle-related trainings and events for the rest of the students.

<http://2014-english.lathatatlanegyetem.hu/>

* 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.

Dear Susannah Conway, thanks for the inspiration!

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THE YEAR AHEAD



2013 « | » 2014

YEAR PLANNING WORKBOOK

WHAT IS THIS?

This workbook will help you look back over the past year and plan the year ahead of you.

WHY IS THIS GOOD FOR ME?

Planning your year is a good habit. It helps you identify your successes and sorrows and will help you realize 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 can feel in control of your own life.

WHAT DO I NEED?

1ST VERSION (LONELY VERSION)

- at least 1 hour of uninterrupted time,
- 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)

- an inspirational group of people (2-10 persons),
- at least two 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

Choose yourself a word for the year ahead. This will give you the power not to give up your dreams, and you can rely on this word if you need some extra energy. This word defines the next year.

SECRET WISH

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

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 spendings every day
- » I set aside all coins I get as change for my savings

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

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

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

RELATIONSHIPS

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

TIDY UP

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

COMFORT ZONE

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

MY 30 DAY CHALLENGE FOR THE YEAR AHEAD:

GET READY

Arrive.
Put on some relaxing music.
Pour yourself a hot beverage.

Let go all of your expectations.

Start when ready.

THE PAST YEAR

GOING THROUGH YOUR CALENDAR

Go through your calendar for the past year week by week. If you see an important event, encounter or to-do write it down here.

THE YEAR AHEAD

6 MORE SENTENCES ABOUT MY NEXT YEAR

This year I will make this long treasured dream come true...

This year I will complete this abandoned plan...

This year in most cases I would like to live through this feeling...

This year I will say no when...

This year I will say yes when...

This year will be special for me because...

THE YEAR AHEAD

6 SENTENCES ABOUT MY NEXT YEAR

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

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

This year I advise myself this...

This year I will permanently leave this bad habit of mine...

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

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

THE PAST YEAR

THIS IS WHAT MY PAST YEAR WAS ABOUT

What were the most decisive aspects for you in the following areas*? Which events were the most important? Summarize briefly.

FAMILY, PRIVATE LIFE

WORK, STUDIES

BELONGINGS (HOME, OBJECTS)

RELAXATION, HOBBIES, CREATIVITY

FRIENDS, COMMUNITY, SERVICE

PHYSICAL, BODILY

MENTAL

EMOTIONAL

SPIRITUAL

FINANCIAL

*The aspects are defined by what is important to you. We do not have a definition on purpose.

THE PAST YEAR

6 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 biggest service I made...

The biggest thing I completed...

THE YEAR AHEAD

MAGICAL TRICOLA 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 regularly.

These three places I will visit.

In these three ways will I connect more to my loved ones.

With these three presents will I reward my successes.

THE YEAR AHEAD

MAGICAL TRICOLA 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 PAST YEAR

6 QUESTIONS ABOUT MY PAST YEAR

What are you the most proud of?

Who are the 3 people who influenced you the most?

Who are the 3 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 nicest, most joyful and memorable moments of the last year. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What kind of smells do you remember?

THE YEAR AHEAD

2014. JULY

2014. AUGUST

2014. SEPTEMBER

2014. OCTOBER

2014. NOVEMBER

2014. DECEMBER

ANYTHING THAT'S LEFT OUT

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.

2014. JANUARY

2014. FEBRUARY

2014. MARCH

2014. APRIL

2014. MAY

2014. JUNE

THE PAST YEAR

MY THREE BIGGEST SUCCESSES

List your three biggest successes from last year here.

What have **you** done to achieve these?

Who helped you achieve these successes? How?

MY THREE 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 is still need to be forgiven? A deed 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, write it down anyway. It can work wonders.

THE YEAR AHEAD

THIS IS WHAT MY NEXT YEAR IS ABOUT

Define the most decisive aspects of the year ahead in the following areas*? Which events will be the most important? Summarize briefly.

<p>FAMILY, PRIVATE LIFE</p> <div></div>	<p>WORK, STUDIES</p> <div></div>
<p>BELONGINGS (HOME, OBJECTS)</p> <div></div>	<p>RELAXATION, HOBBIES, CREATIVITY</p> <div></div>
<p>FRIENDS, COMMUNITY, SERVICE</p> <div></div>	<p>PHYSICAL, BODILY</p> <div></div>
<p>MENTAL</p> <div></div>	<p>EMOTIONAL</p> <div></div>
<p>SPIRITUAL</p> <div></div>	<p>FINANCIAL</p> <div></div>

* We still don't have exact definitions, mean what you need to.

THE YEAR AHEAD

DARE TO DREAM BIG

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

THE PAST YEAR

LETTING GO

What else do you need to say to seal up the year behind you? What are the things you must let go before you can start your next year? Draw or write, then cast a glance at them and let them all go.

THE PAST YEAR

MY PAST YEAR IN 3 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 YEAR AHEAD

2014