



Reflection Booklet

Ready for 2022

How to get ready?

This book will help you to reflect on the past year and plan the upcoming year.

Why is it good for me?

Planning the year ahead is a beautiful ritual. You gain clarity on what you have achieved already and what needs, and challenges keep you busy. When you look back, you notice whether there are old patterns that prevent you from realizing your plans. This knowledge puts you in the driver seat of your life.

What will you need?

3-4 hours, a good space for you to reflect and a pen.

Past Year

Scroll through your calendar of 2021 week by week.

When you find an event, a meeting with your family or friends or a special task, note it down.

A large, empty rounded rectangular box with a thin grey border, intended for users to write down notes about events or tasks found in their 2021 calendar.

Past Year

What was most important to you in the past year in each part of your life? Briefly summarize.

FAMILY

WORK

PROPERTY

HOBBY, CREATIVITY

FRIENDS
COMMUNITY &

HEALTH & FITNESS

INTELLECTUAL

EMOTIONAL & SPIRITUAL

FINANCIAL

BUCKET LIST

Past Year

6 sentences about my past year.

The smartest decision I made...

The most important learning nugget I found...

The highest risk I took...

The biggest surprise of the year...

The most important thing I did for others...

The biggest thing I finished...

Past Year

6 questions about my past year.

What makes you really proud?

Which three people have influenced you the most?

Which three people have you influenced the most?

What did you fail at?

What is the best thing that you have learned about yourself?

What are you most grateful for?



Past Year

Successes & Challenges

List your three biggest successes of the past year.

What did you do to achieve it?

Who helped you to achieve it? How?

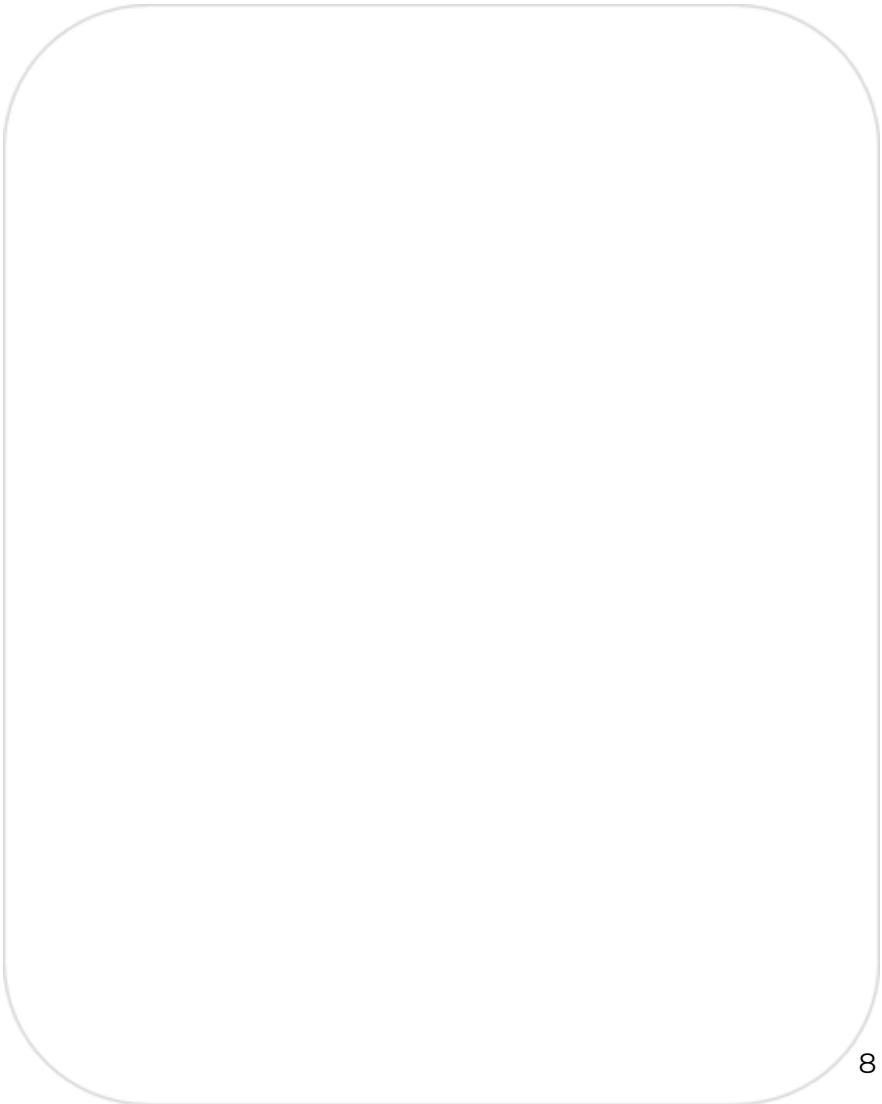
List your three biggest challenges of the past year.

Who or what helped you to overcome these challenges?

What did you learn about yourself thanks to these challenges?

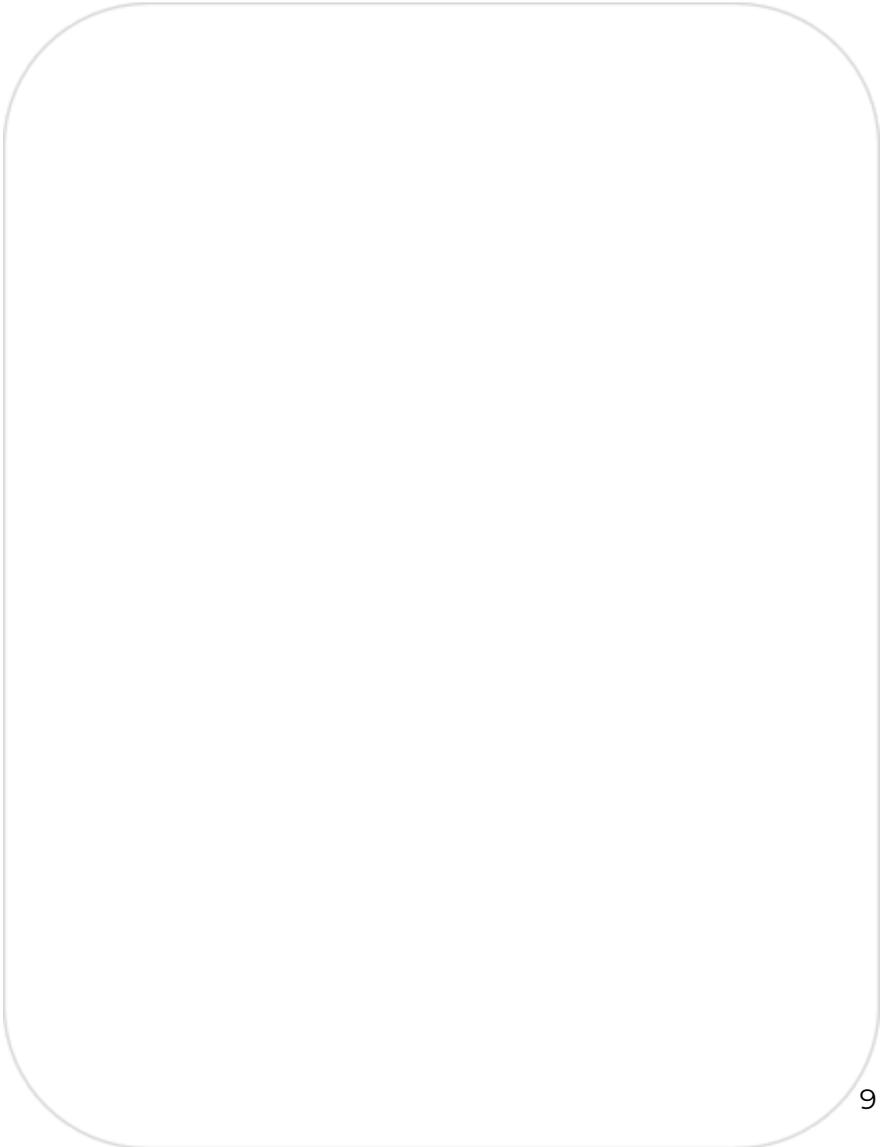
Past Year

Has something happened in the past year that you still need to forgive someone for? Are there actions or words that have hurt you? Or are you mad at yourself? Write it down here. Be good to yourself and forgive yourself and others.



Past Year

Is there anything else you want to let go? Is there something that you need to let go to start your new year? Draw it or write it down. Think about it – and let it go.



Past Year

Time to say goodbye.

My past year in three words.

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

If there is something that you would like to write down, or if there is someone you want to say goodbye to, do it now.

The first part is ready. Take a deep breath and rest.

2022

Upcoming Year

Craft your purpose 1.0!

Look at the lists of verbs and nouns below and circle the ones which feel best suited to you and your purpose. Take 5 minutes to choose.

Helpful Questions - Verbs

- What activities do you do regularly in your life?
- If you're completely free to choose, what would you give your attention, your love and energy to?
- What do you do and feel without any effort?

Helpful Questions - Nouns

- What gets your attention, your love, your passion?
- What would you do if you are completely free to decide and nobody is demanding anything of you?

Verbs

Initiating	Giving	Experiencing	Seeing	Growing
Commanding	Inspiring	Feeling	Touching	Creating
Awakening	Empowering	Embracing	Beholding	Establishing
Igniting	Enabling	Sensing	Imagining	Nurturing
Unleashing	Radiating	Savouring	Colouring	Nourishing
Relating	Doing	Organizing	Helping	Finding
Connecting	Achieving	Orchestrating	Facilitating	Exploring
Challenging	Engaging	Transforming	Supporting	Seeking
Loving	Attaining	Changing	Sustaining	Discovering
Cherishing	Realizing	Influencing	Restoring	Revealing
Honouring	Stretching	Engineering	Releasing	Uncovering

Add your words:

Nouns

People	Life	Success	Significance	Wisdom
Lives	Hope	Achievement	Creation	Insight
Community	Joy	Mountains	Meaning	Revelation
Generations	Love	Heights	Purpose	Knowledge
Family	Faith	Dreams	Simplicity	Light
Friends	Kindness	Challenges	Destiny	Depth
Connections	Beauty	Freedom	Generosity	Adventure
Relationships	Awe	Potential	Abundance	Newness
Friendships	Majesty	Growth	Value	Novelty
Networks	Wonder	Worth	Treasure	Excitement
Harmony	Heaven	Possibilities	Fulfillment	Happiness

Add your words:

The 8 verbs and nouns that describes you best:

8 VERBS

8 NOUNS

Bring it to the point – what are the three verbs and nouns that are your essence?

3
VERBS

3
NOUNS

Which topics deserve your full attention? Maybe you know already which topic is dominant in your life and always catches you and your energy? If not, you will discover it here.

Helpful Questions

- What is a big topic in life that inspires you, irritates you, moves you?
- What do you think about even if no one requires you to do so?
- What gets your attention even if no one asks for it?
- Where does your mind wander to if you let it roam?

You can also think along these lines:

- It cannot be that...
e.g. Women are still treated unfairly.
- Would it not be great if...?
e.g. Future generations have a wholesome work life?

Topics

Environment

Climate change
Sustainability
Loss of biodiversity
Recycling/ Upcycling

Workplace

Remote work
Pay gaps
Lack of diversity
Old structures

Politics

Populists on the rise
Lack of discussion
Wrong people in power
Nationalism

Education

Social mobility
Tuition fees
Quality of teaching
Uniformity of teaching

Media

Fake news
Data mining
Influence on children
Consumerism

Mobility

Electrification
Cheap flights
Emissions
Autonomous cars

Add your topics:

Craft your purpose 1.0

Look at the three verbs and three nouns. Choose the one verb and the one noun you feel the strongest connection to.

Bring together your one verb, your one noun and your topic in one sentence. Write your purpose down below.

Verb

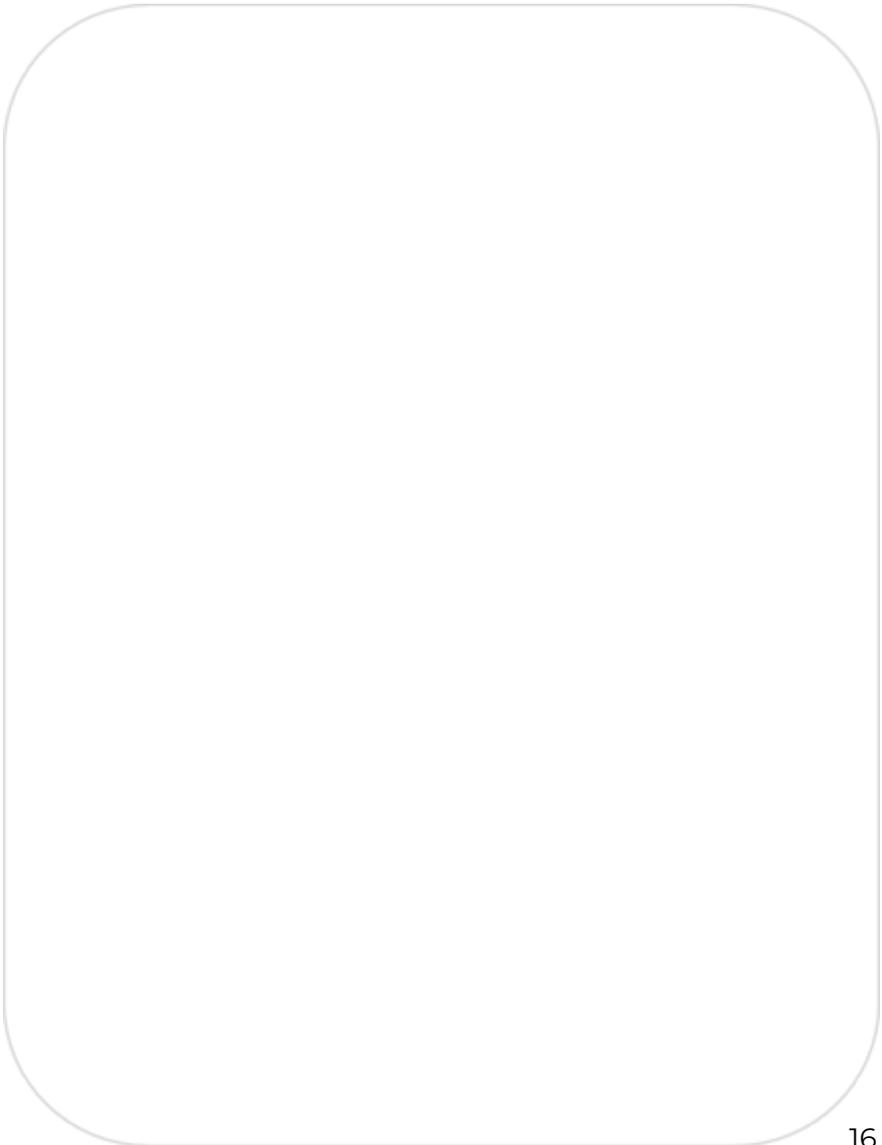
Noun

Topic

My purpose 1.0

Upcoming Year

Be brave and think big! What is your next year like? What will ideally happen? Why will it be great? Write, draw, put down your expectations and dare to dream.



Upcoming Year

What will be the most important things to you in each part of your life? What will be the main events? Briefly summarize.

FAMILY

WORK

PROPERTY

HOBBY, CREATIVITY

FRIENDS
&
COMMUNITY

HEALTH & FITNESS

INTELLECTUAL

EMOTIONAL & SPIRITUAL

FINANCIAL

BUCKET LIST

Upcoming Year

The MAGIC three of the next year.

I will love these three things about myself:

These three things I am ready to let go:

I really want to achieve these three things:

These three people will be my support in hard times:

I dare to discover these three things:

I will have the strength to say no to these three

Upcoming Year

The MAGIC three of the next year.

With these three things I will make my surroundings

These three things I will do each morning:

I will pamper myself with these three things on a regular basis:

I will visit these three places:

There are three way I will connect with my loved ones:

Upcoming Year

6 sentences about my next year.

This year I am not putting off any more...

This year I will pull out the most energy of...

This year I will be the bravest when...

This year I am going to say yes, if...

My advice to me for this year is...

This year is going to be special for me, because...



Upcoming Year

Say hello.

Choose one word which will symbolize and characterize your next year.

Let your imagination run wild. What is your secret wish for your next year?

YOU ARE FIRED UP READY TO GO FOR 2022!



**All ForChiefers wish you
an awesome 2022!**

We are looking forward to having a
great time together with you next year!

www.forchiefs.com