



"the past is the place of reference
not a place of residence."

NEW **BEGINNINGS**
OVERDUE **ENDINGS**
HANDOUT

HOW TO USE THIS Handout



MAKE TIME & FIND SPACE



PRINT OUT THE HANDOUT



HAVE YOUR FAVOURITE PEN



LET GO OF ALL EXPECTATIONS



START AT THE BEGINNING AND WORK THROUGH TO THE END



TAKE TIME, A DAY OR FEW



LET YOUR MIND WANDER



ENJOY THE PROCESS



BE REAL. AUTHENTIC. BE YOU!



ALLOW FOR POSSIBILITIES

SHIMMERING on THE YEAR

behind

Before YOU dismantle the last twelve months, let's take a moment and retrospect. Maybe it was a year of a lot of changes for you. Maybe it's been a year of growing or nesting or exploring or letting go or being stuck in indecision. Whatever's happened in the last twelve months, it's got you to this point, right now. *Exactly where you're meant to be.* Pick up your pen and let's do some exploring.

First, choose a word that would best describe the last twelve months. Looking back, **how did this word help to guide you through the last 12 months?** Can you think of any specific examples?

What did you **embrace** in 2018?

What did you **let go of** in 2018?

What **changed** for you in 2018?

What **is holding** you back in 2018?

What did you **discover** about yourself in 2018?

What were you most **grateful** for in 2018?

When did **fear** hold you back in 2018?

Where did you practice **bravery** in 2018?

What **surprised** you in 2018?

Now, think about your **ACHIEVEMENTS** in 2018. List three things that went well this year — what are you most **proud** of?

1.

2.

3.

For each achievement, consider the following:

What did you **do** that you **wanted to happen**, and it did? **What did you do** to make it happen?

What **supported** you? Is there anyone who helped you make it happen? /or what helped you make it happen?

How has your life **changed**? What have you **learned** about yourself?

Now look at your **CHALLENGES**. List the three things that have **tested your limits** this year. Whatever challenged you the most in 2018 (there may be more than three so go with whatever comes to mind first)

1.

2.

3.

For each challenge, consider the following:

How did you **deal** with the challenge?

Did you discover any **new tools** or **technics** that you can rely on again in the future?

How has your life **transformed**? How has it changed you? What have you **learned** about yourself? (If you're still working through a challenge, what outcome would **feel** good to you?)

Describe your favorite **day, moment or occasion of 2018** in words and pictures. What did it taste like? Smell like? Sound like? Who was (or wasn't) there? Where were you? What were you doing? What was awesome about it? And most importantly, how did you **FEEL**?

* If you're not ready to do this in person yet (and that's okay, you don't have to!) let this page hold it for now. Say what you need to say here.

THE GIFTS OF 2018

You just have looked into your achievements and challenges, recollected your favorite moments and considered who you need to forgive. Now it is time to close your eyes for a moment and think about 2018 as a whole. As you cast your mind back over the last 365 days, contemplate on gifts that 2018 offered you on your life's journey... What stands out the most?

Describe 2018 in 3 words:

If 2018 was the **title of a book** or the **name of a film**, what would it be called?

Before you finish with 2018, take a few minutes to write out anything else you need to say to the last twelve months in the box below. You might want to say some goodbyes.

GOODBYE & THANK YOU

MERCI

FAREWELL

AU REVOIR

THANK YOU

THANK YOU **2018**, YOU ARE NOW COMPLETE!

CREATING THE YEAR **ahead**

The new year/new chapter (and it can start at any time) holds so much POSSIBILITY. It's a blank slate, a new page to be filled with whatever **you truly want**. There'll always be the responsibilities and routines of you every day, but that doesn't mean you have to keep doing things in the same old way. Whether you wish to bring in big changes or just a bit of fine-tuning, it's all to play for in 2019. Let's make it happen!

First, choose a word to guide, inspire and encourage you through the next 12 months. There's no right or wrong word, follow your gut:

WHAT'S YOUR WORD FOR 2019?



If you **lived** your Word every day in 2019, what could be possible for you?

List some ways you are going **to be your** Word

Fast-forward to **December 2019**. You are sitting in a café, musing over the last 12 months. Where do you want to be...

...in your **head**? (work, dreams, goals)

...in your **heart**? (relationships, family, friends)

...in your **physical world**? (home, health, hobbies)

...in your **soul**? (beliefs, practices, self-love)

THE MAP OF 2019

What do you want the next 12 months to look like? Using pens, colored pencils, collage – or whatever else you fancy – map out your year to give it some shape and color. Add words and pictures, dates and plans.

Include actual events and made-up dreams, too. Be playful. Leave space for surprises. Doodle your heart out.

DECEMBER 2019



JANUARY 2019

Now you've got a rough idea of your plans and dreams for 2019, let's give it some more definition. Use the grid to start brainstorming the details...

JANUARY	FEBRUARY
MARCH	APRIL
MAY	JUNE

J U L Y	A U G U S T
S E P T E M B E R	O C T O B E R
N O V E M B E R	D E C E M B E R

The Power of **three**

List 3 things about yourself that you **truly love**

1.

2.

3.

List 3 things about yourself you feel ready to **let go of**

1.

2.

3.

List 3 people you feel will **support** you in 2019 (friends, colleagues, mentors, experts) 1.

1.

2.

3.

List 3 passions/hobbies that you would like to **explore** more in 2019 1.

1.

2.

3.

List 3 duties or commitments you feel ready to **release** in 2019 1.

1.

2.

3.

List 3 new things you will do each **morning** to start your day 1.

1.

2.

3.

List 3 ways you will be kind to your **body** this year 1.

1.

2.

3.

List 3 places you would like to **visit** in 2019 (at home or abroad) 1.

1.

2.

3.

List 3 ways you'll **connect** with loved ones this year (dinners, days out, letters, calls) 1.

1.

2.

3.

List 3 treats you will **gift** your beautiful self in 2019 (big or small!) 1.

1.

2.

3.

MY **2019** FIRSTAID KIT

On your less-than-great days, how will you **look after yourself** this year? Make a list of everything that makes you feel good and it is kind to you. Keep adding to this page as you find new things you enjoy. Not sure what to write? Start with the books, people, websites, practices, meditations, prayers, places to visit, songs, films and activities that inspire and nurture you.

THE wrap-up

Complete the following sentences:

2019 will be the year I **finally** _____

I will **nourish** myself with _____

I will make **more time** for _____

I will **recharge** my batteries by _____

This year I will open my **heart** to _____

I will pay more **attention** to _____

I will bring more **space** into my days by _____

I will **release** my attachment to _____

I wish for 2019 to **feel** _____

This year I will say **NO** to _____

This year I will say **YES** to _____

My **Secret Wish** in 2019 is _____

EVERYTHING IS POSSIBLE
IN
2019

SIGNED:

LETTER TO YOUR FUTURE SELF

Imagine you are sitting in that café again. Across the table from you — looking utterly marvelous — is your future self from December 2021. **S/he has three years' worth of wisdom to share with you** — what do you say to yourself? What do you tell yourself to let go of? What do you tell yourself to pay attention to... to believe in... to trust? Write a letter from your future self, starting with Dear (your name):



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