

# YEARVISION



**2024 || 2025**

# WELCOME

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## DISCOVER YEARVISION

YearVision is a simple yet powerful tool designed to help you:

- **Reflect on The Last year:** Discover patterns, celebrate successes, and learn from challenges.
- **Plan for the future:** Set meaningful goals and prepare for a purposeful year ahead.

## HOW YEARVISION WORKS

The booklet is divided into two sections:

1. **Looking Back:**
  - Review your past experiences.
  - Celebrate wins and understand key lessons.
2. **Dreaming Forward:**
  - Envision your goals and aspirations.
  - Create actionable steps for a fulfilling year.

## WHAT YOU'LL NEED

- A pen or pencil.
- A comfortable, quiet space.
- A few hours without interruptions.

Above all, bring an open mind and a willingness to reflect and dream honestly.

# GET STARTED

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- **GATHER YOUR MATERIALS:**

Bring a pen, pencil, or anything else you'll need, and find a peaceful spot to settle in.

- **TAKE A MOMENT TO BREATHE:**

Close your eyes and take three slow, deep breaths to center yourself.

- **RELEASE EXPECTATIONS:**

Allow your mind to clear and approach this exercise with openness.

- **START WHEN IT FEELS RIGHT:**

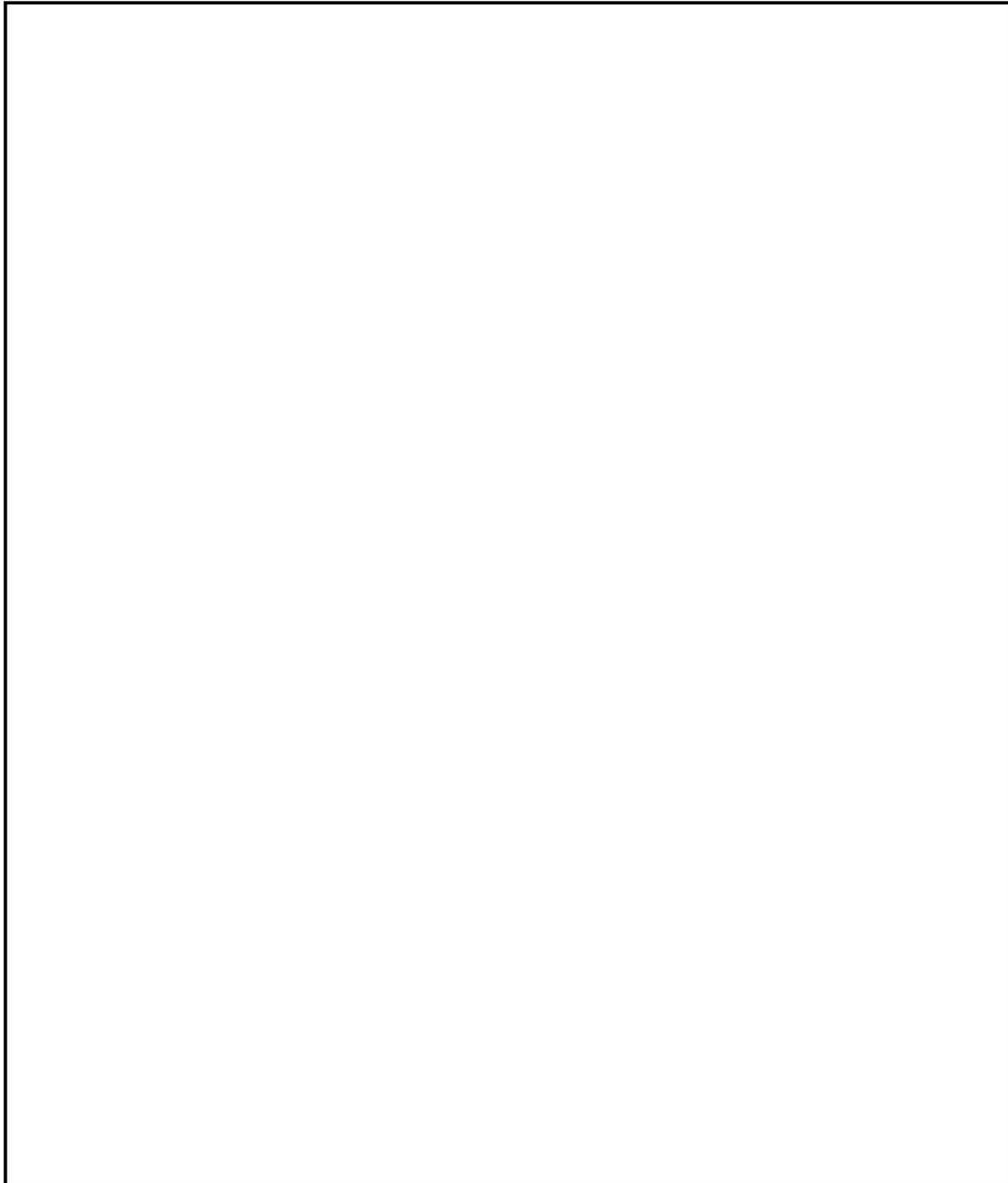
Take your time – this is your personal journey.

# LOOKING BACK

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## REVIEWING YOUR CALENDAR

Take a moment to review last year's calendar. As you go through, note down any significant events such as family gatherings, outings with friends, or major projects. Feel free to include photos that capture these special moments.

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# LOOKING BACK

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## THIS IS A REFLECTION OF MY PAST YEAR

Our lives have different parts that are all connected. Look at the areas below and think about the important events in each one. Write down what comes to mind and add any memories, such as photos or images. This helps you reflect on the key moments in different areas of your life.

FAMILY



PHOTOS



FRIENDS



PHOTOS



CAREER



PHOTOS



# LOOKING BACK

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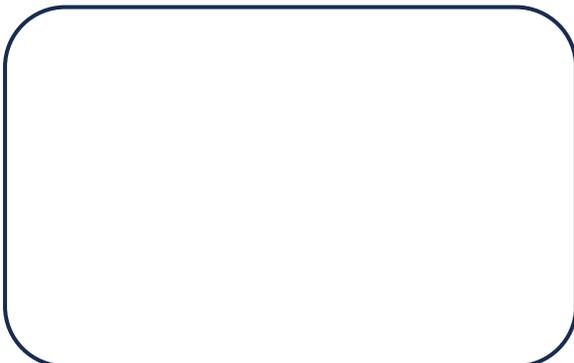
HOBBIES



PHOTOS



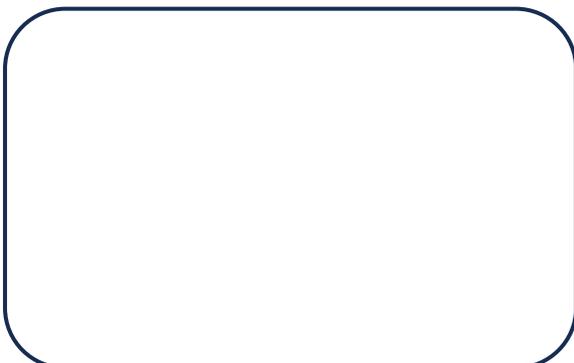
PHYSICAL HEALTH



PHOTOS



MENTAL HEALTH



PHOTOS



# LOOKING BACK

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## FIVE REFLECTIONS ON MY PREVIOUS YEAR

The best decision I made



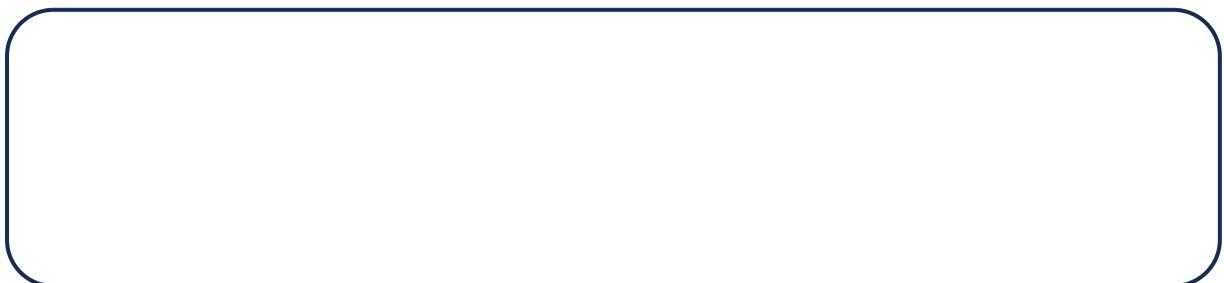
The most important lesson I learned



The boldest decision I took



The greatest contribution I made to others



# LOOKING BACK

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The greatest task I achieved

## THREE QUESTIONS ABOUT MY PAST YEAR

What are you most proud of?

Who are the three people who impacted you the most?

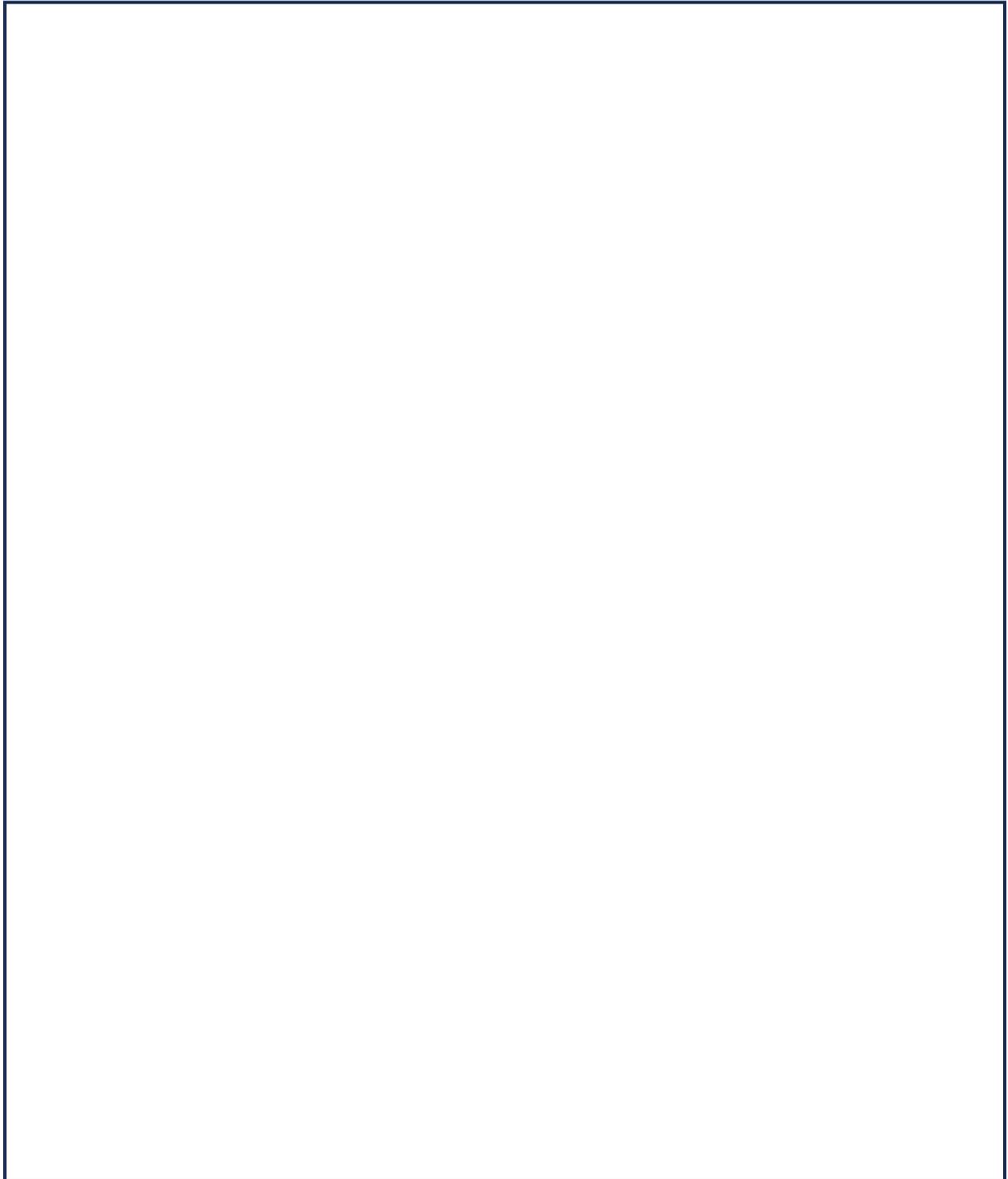
What were you not able to accomplish?

# LOOKING BACK

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## THE GREATEST HIGHLIGHTS

Think about the happiest and most unforgettable moments from last year. Draw them here. How did you feel? Who was with you? What were you doing?

A large, empty rectangular box with a solid black border, intended for drawing the highlights mentioned in the text above. The box is currently blank.

# LOOKING BACK

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## THREE OF MY GREATEST ACHIEVEMENTS

What are your three most notable achievements from last year?

What actions or efforts led to these accomplishments?

Who supported you in achieving these successes, and in what ways?

# LOOKING BACK

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## THREE OF MY HARDEST HURDLES

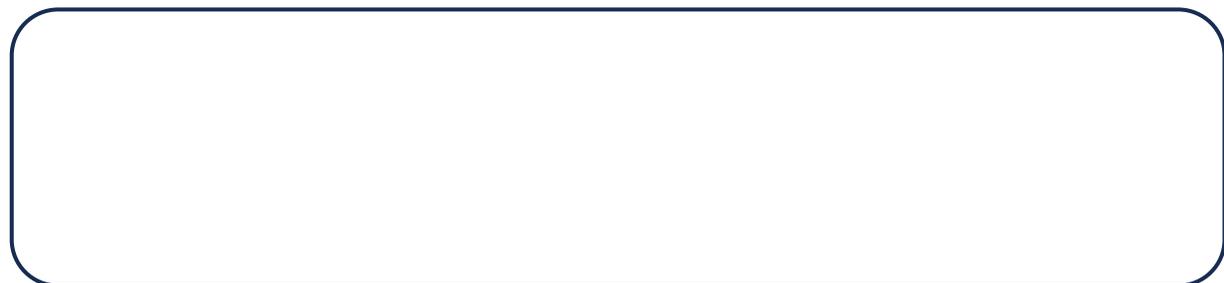
What were the two most significant challenges you faced last year.



Who or what provided support in helping you overcome these obstacles?



What insights or lessons did you gain about yourself through these experiences?

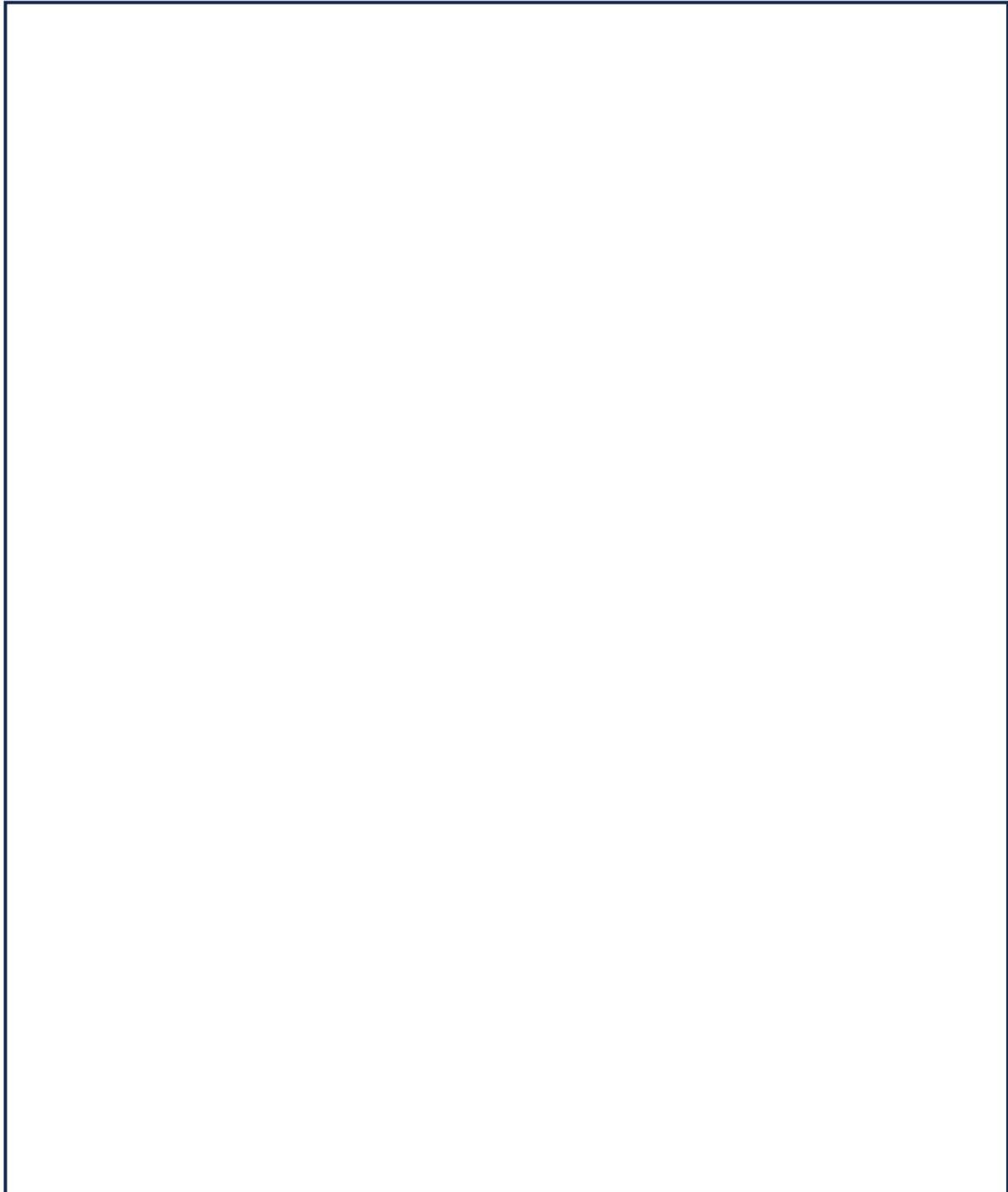


# LOOKING BACK

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## RECONCILIATION

Did something happen last year that you still need to forgive? Maybe something someone said or did that made you feel bad, or are you upset with yourself? Write it down here and forgive to feel better.

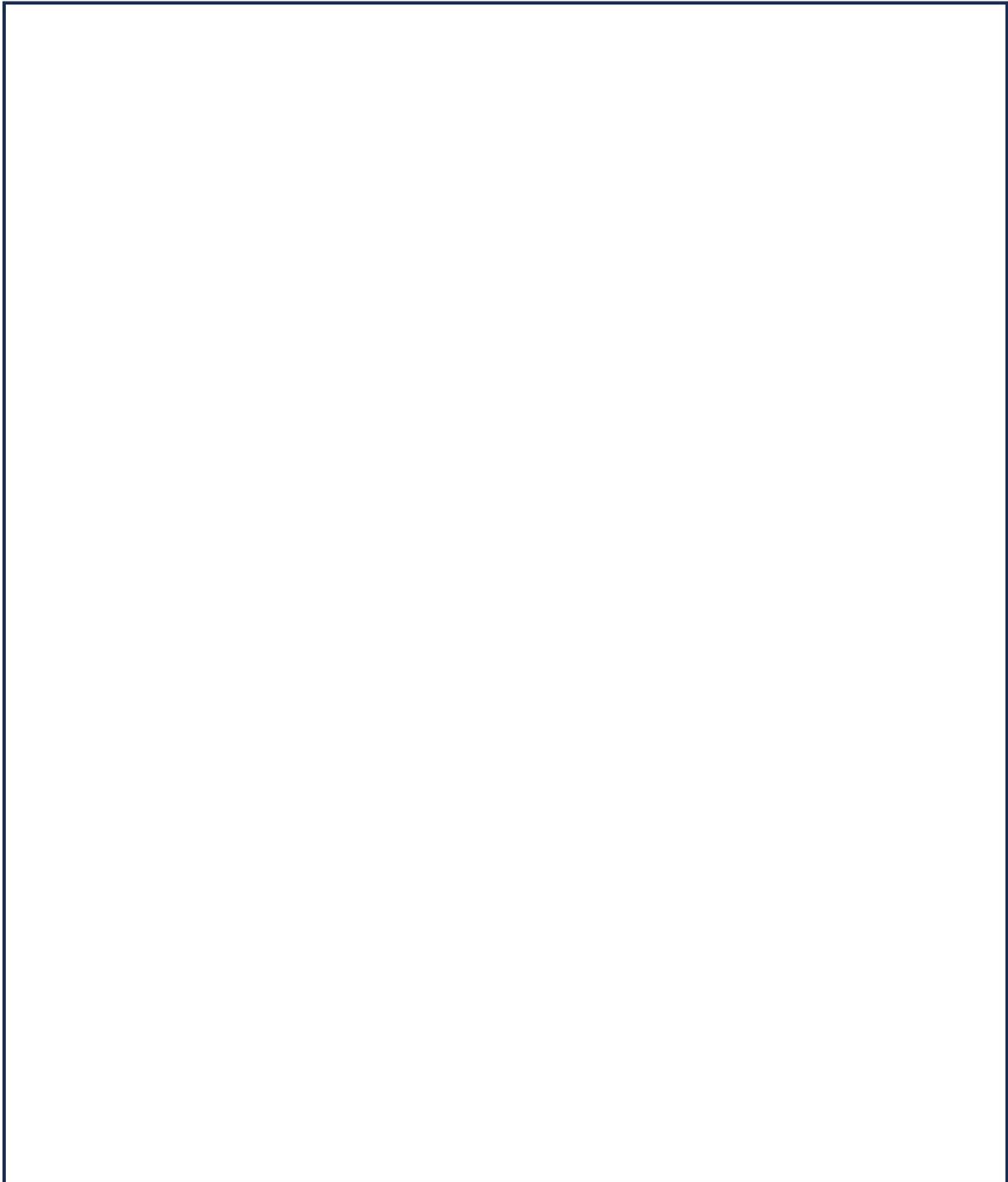
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# LOOKING BACK

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## MOVING ON

Is there anything left unsaid or something you need to let go of before starting the new year? Write or draw it here, reflect on it, and then let it go.

A large, empty rectangular box with a solid black border, intended for the user to write or draw their reflections on the end of the year.

# LOOKING BACK

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## THREE WORDS TO DESCRIBE LAST YEAR

Pick three words that best sum up your year.

## THE JOURNEY OF MY LAST YEAR

What name would you choose for a book or film about the story of your past year?

## A GOODBYE TO THE YEAR BEHIND

This is the time to write anything you've left unsaid or to say goodbye to someone special.

## YOU'VE CLOSED THE CHAPTER ON LAST YEAR.

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Do you enjoy using YearVision? share it with your friends! Let's work together to reach and inspire more people.

[yearvision.idea2product.tech](http://yearvision.idea2product.tech)

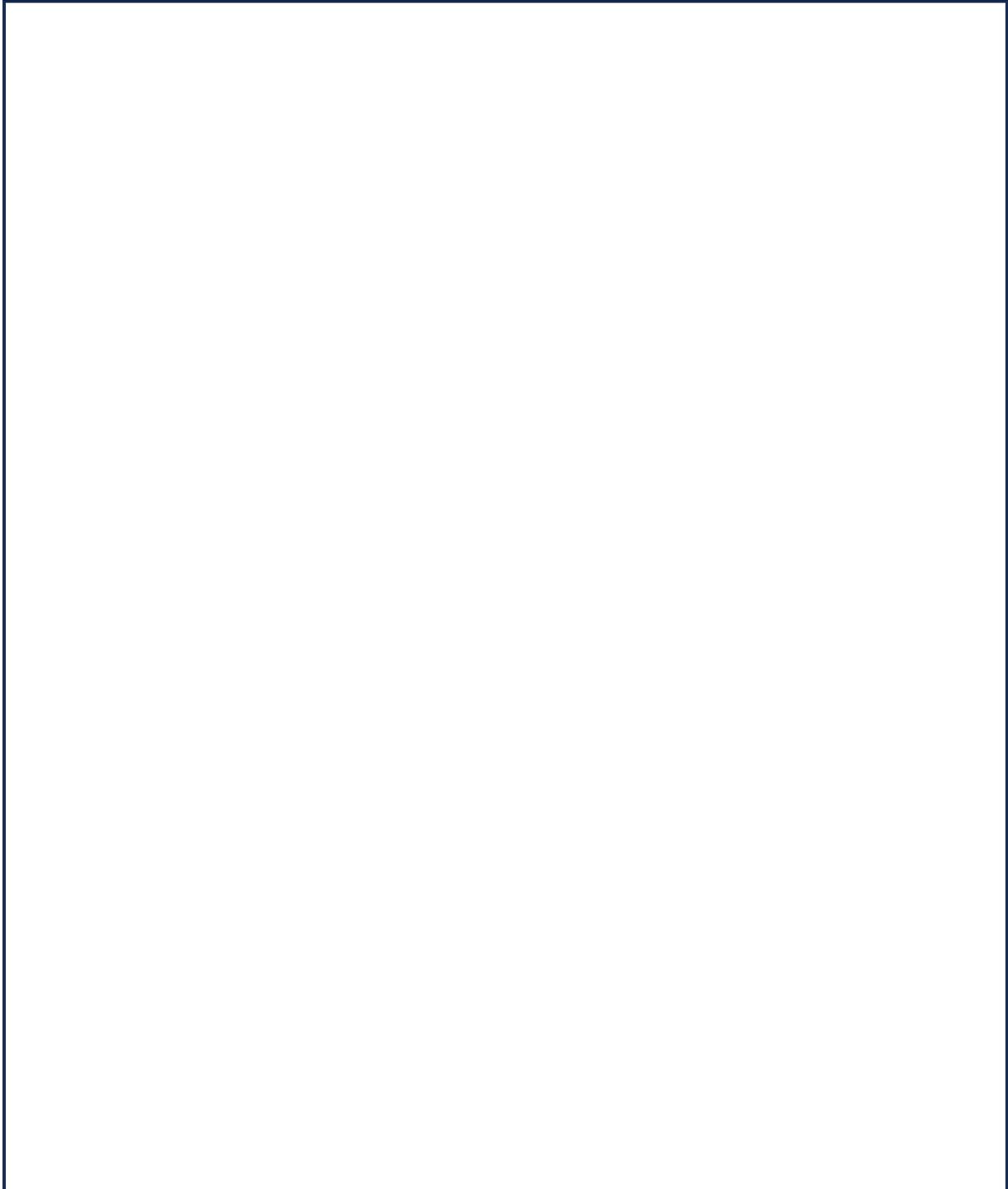
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# DREAMING FORWARD

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## DREAM WITHOUT LIMITS

How do you see the year ahead unfolding? What will make it amazing? In a perfect world, what could be? Put your thoughts into words or art, set aside limitations, and dream fearlessly.

A large, empty rectangular box with a solid black border, intended for the user to write or draw their response to the prompt above.

# DREAMING FORWARD

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## THIS IS WHAT MY UPCOMING YEAR WILL LOOK LIKE.

Think about the different parts of your life and set goals for each one for the upcoming year. Write them down – this is the first step to making them happen.

This helps you focus on what you want to achieve in each area, like work, health, or relationships, and gives you a clear path to follow.

### FAMILY



### FRIENDS



### CAREER



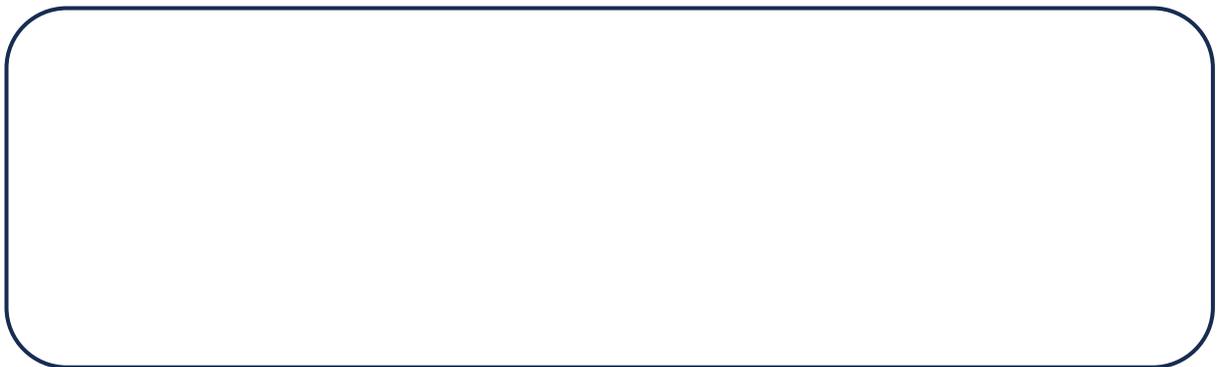
# DREAMING FORWARD

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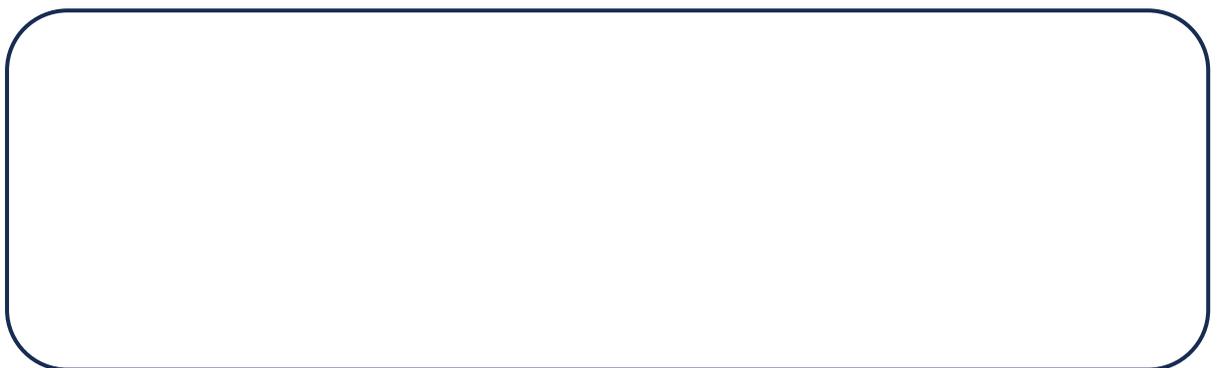
## HOBBIES



## PHYSICAL HEALTH



## MENTAL HEALTH



# DREAMING FORWARD

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HABITS THAT DEFINE YOU



A BETTER TOMORROW



# DREAMING FORWARD

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## THREE MAGICAL GOALS TO TRANSFORM YOUR YEAR AHEAD

Three things I will absolutely adore about myself!

Three things I am ready to release for good!

My top three must-achieve goals!

These three people will be my strength through tough times.

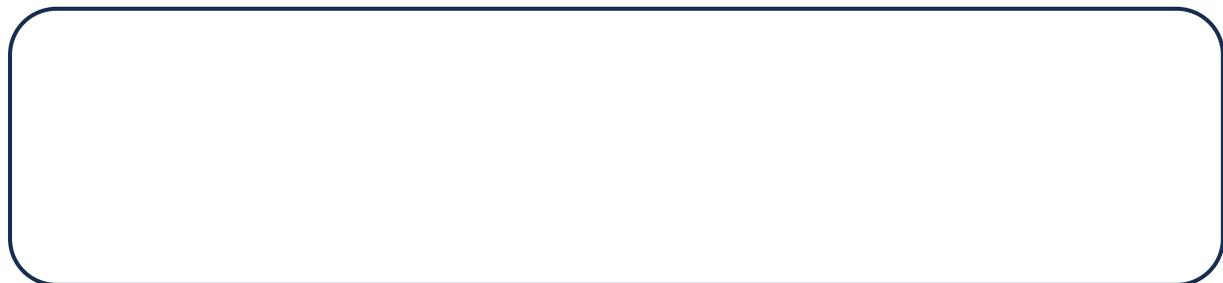
# DREAMING FORWARD

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I will boldly explore these three incredible things!



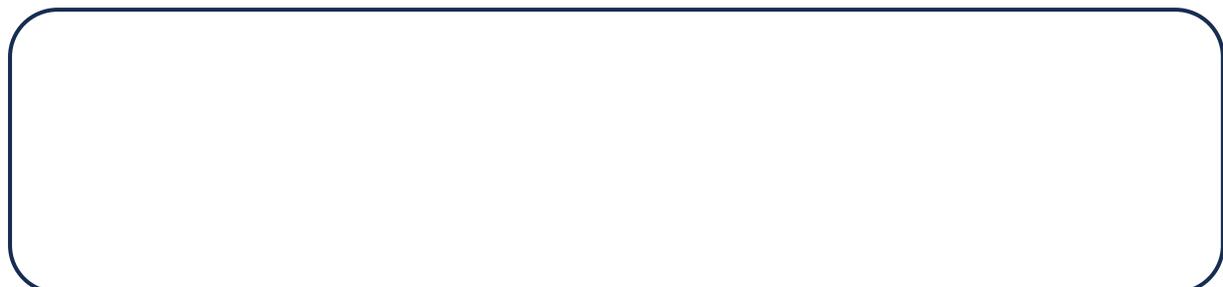
I will empower myself to say no to these three things!



I plan to do these three activities every morning.



I will treat myself to these three things regularly.



# DREAMING FORWARD

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These are the three places I will travel to.



I will celebrate my achievements with these three gifts.



# DREAMING FORWARD

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## SIX EXCITING PROMICES FOR MY NEXT YEAR!

This year, I will stop delaying

This year, I will gain the most energy from

This year, I will show the most courage when

This year, I will agree when

# DREAMING FORWARD

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This year, I motivate myself to

I consider this year important because

## MY FOCUS FOR THE YEAR AHEAD

Choose a word that captures the essence of the year ahead. Whenever you need a boost, look at this word to stay focused and remind yourself to keep pursuing your dreams.

**CONGRATULATIONS, YOU HAVE JUST MAPPED OUT YOUR  
YEAR**