

reflect 22

GROW
ENVISION

envision 23

LOVE
DREAM
LIVE



REROOT
CONNECT
LISTEN

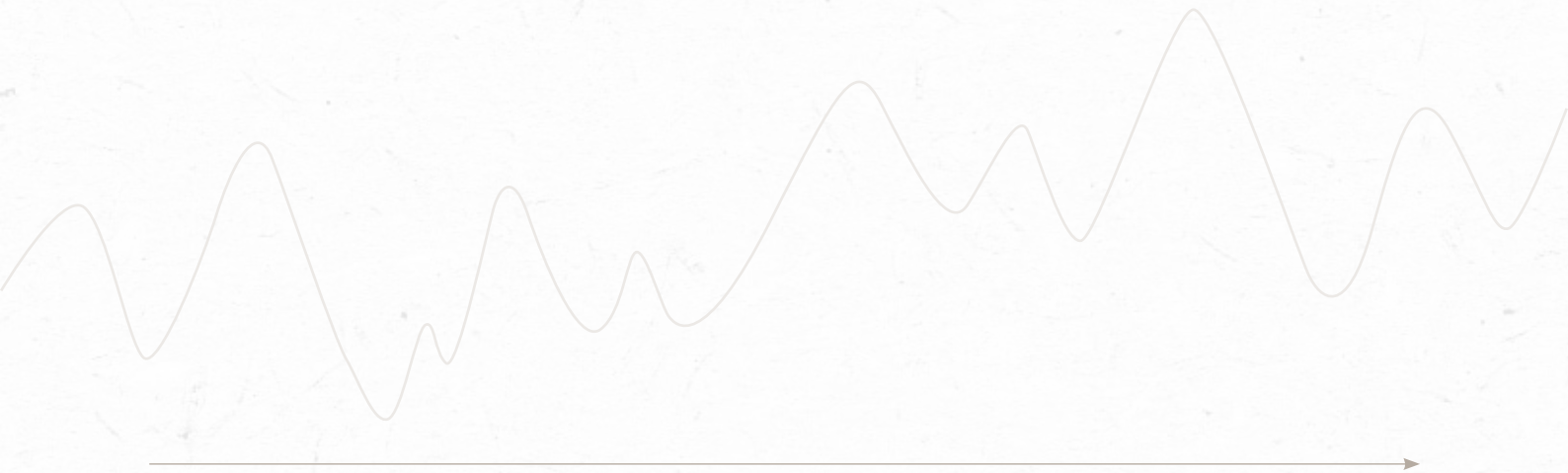


2022 Yearly *Reflection*

Feel inside yourself. How are you feeling right now? How does it feel to end this year now?

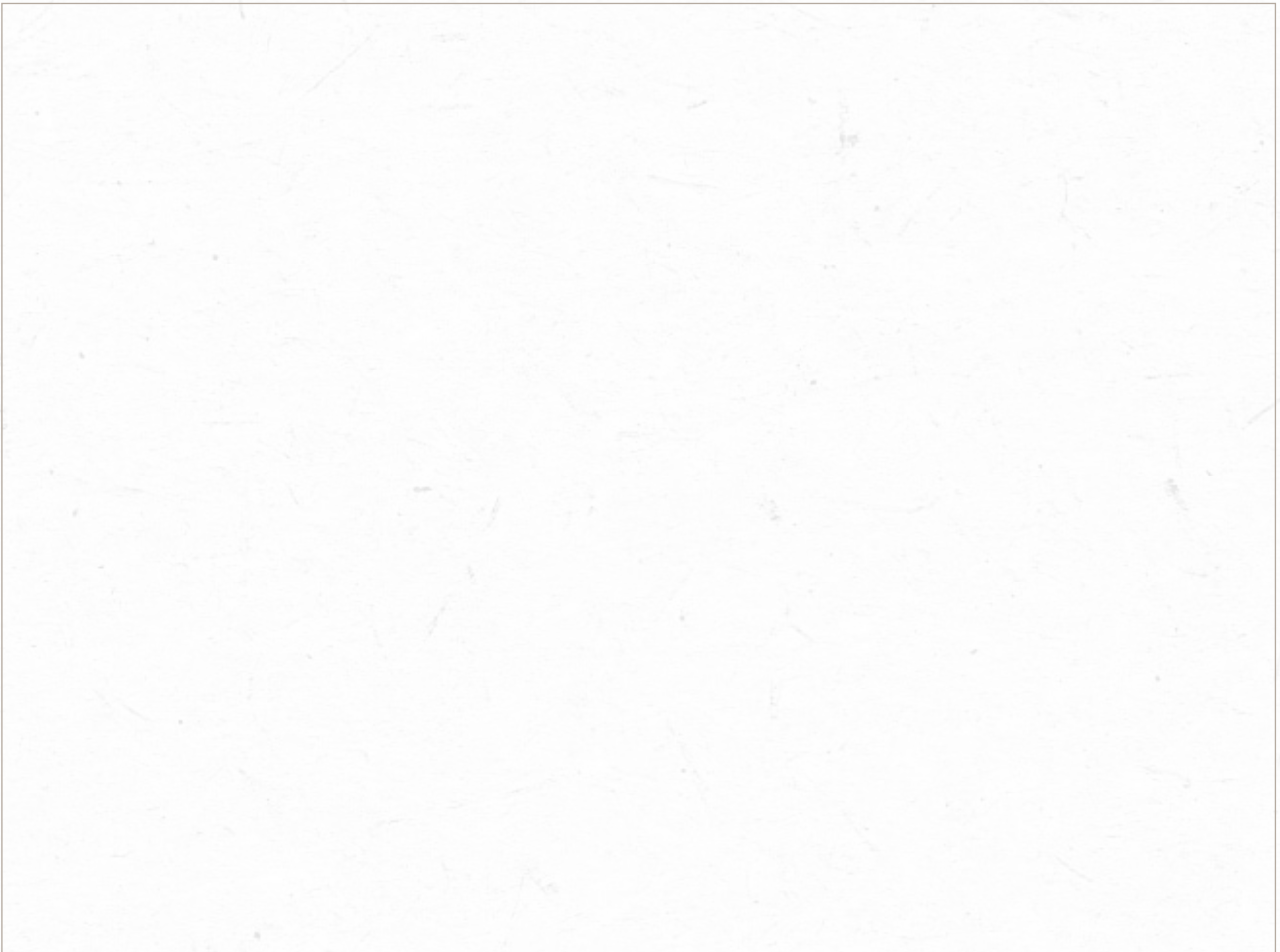
Draw up a record of your year 20212. All the ups and downs.

Write down all the experiences, changes, events, days, moments that stuck in your mind.



2022 Yearly *Reflection*

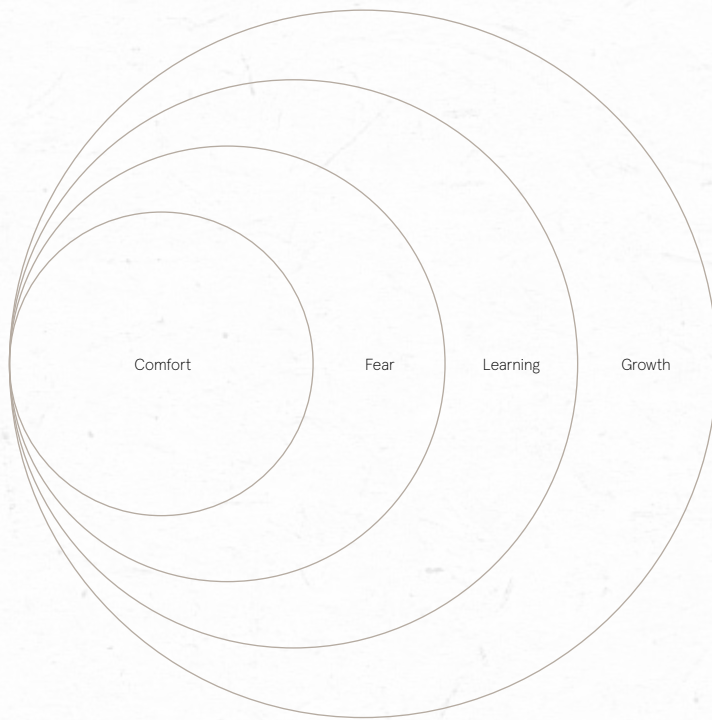
What were your highlights last year? What moments do you like to think back to?



What was your most beautiful moment in 2022?



2022 Yearly *Reflection*



When did you step out of your comfort zone? How did that feel?

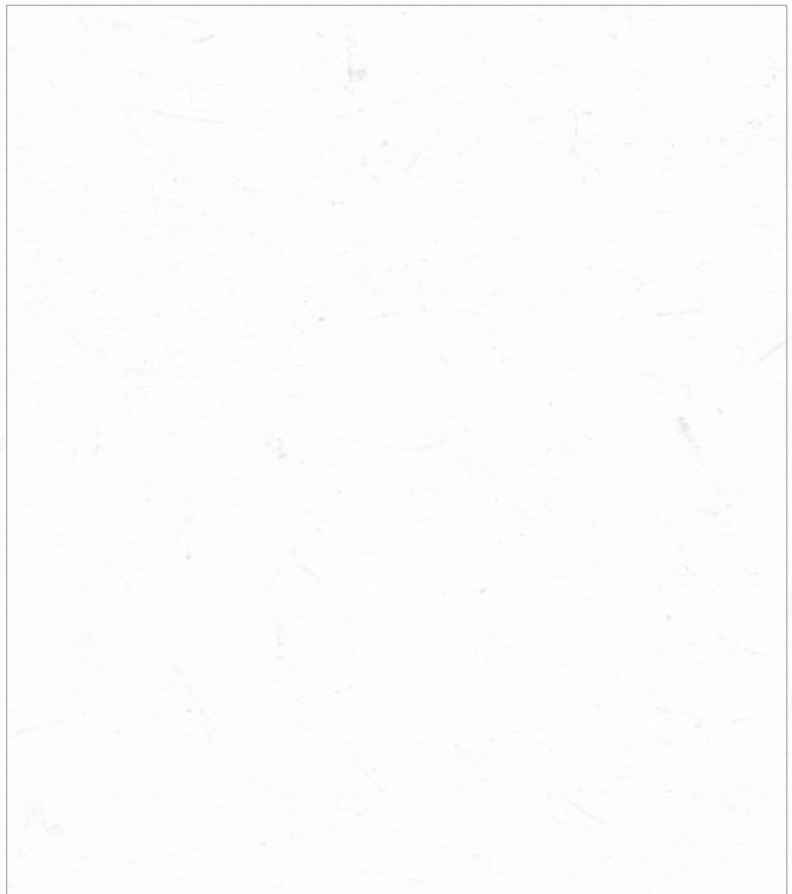

What challenges did you face? And what anchor, what motivation helped you?

2022 Yearly *Reflection*

What moments and events were difficult or hurt? How did these make you grow?

Situation and feeling about it:

That's what I realised/that's how I was able to grow through it:

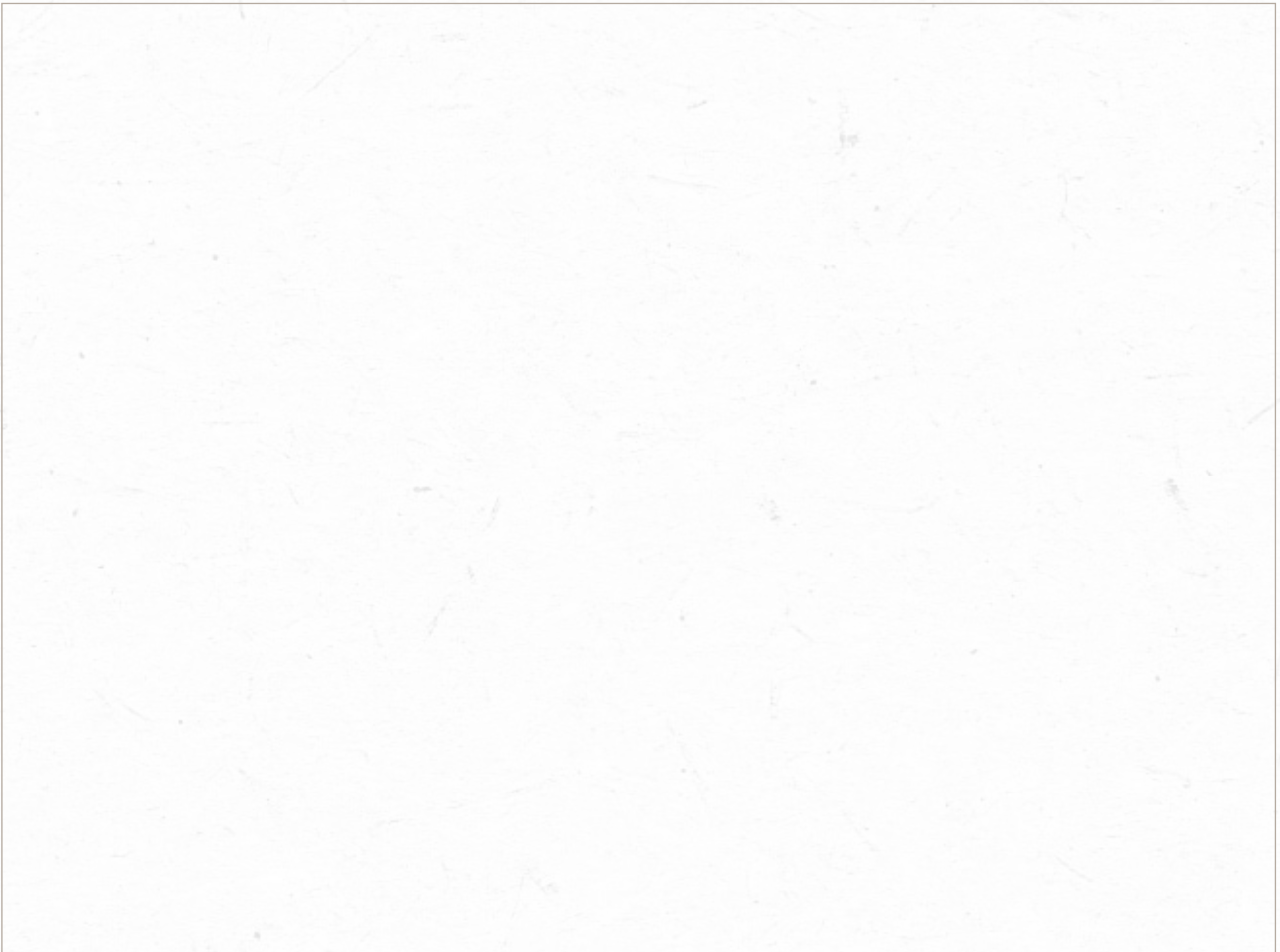


What do you want to let go of now?

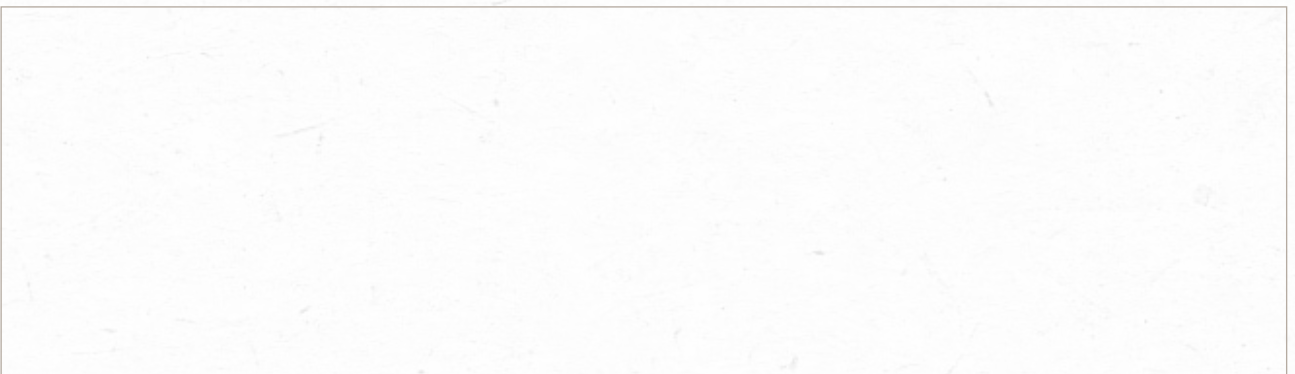


2022 Yearly *Reflection*

What have you learned in the last year?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on what they learned in the last year.

What special contacts did you have in 2022? Which people came into your life?


A large, empty rectangular box with a thin black border, intended for the user to write their reflections on special contacts and people who came into their life in 2022.

2023 Yearly *Vision*

What do you hope for in 2023? What do you wish from your heart for the new year?



Set an intention for your year 2023 – a sentence that accompanies you through the year:

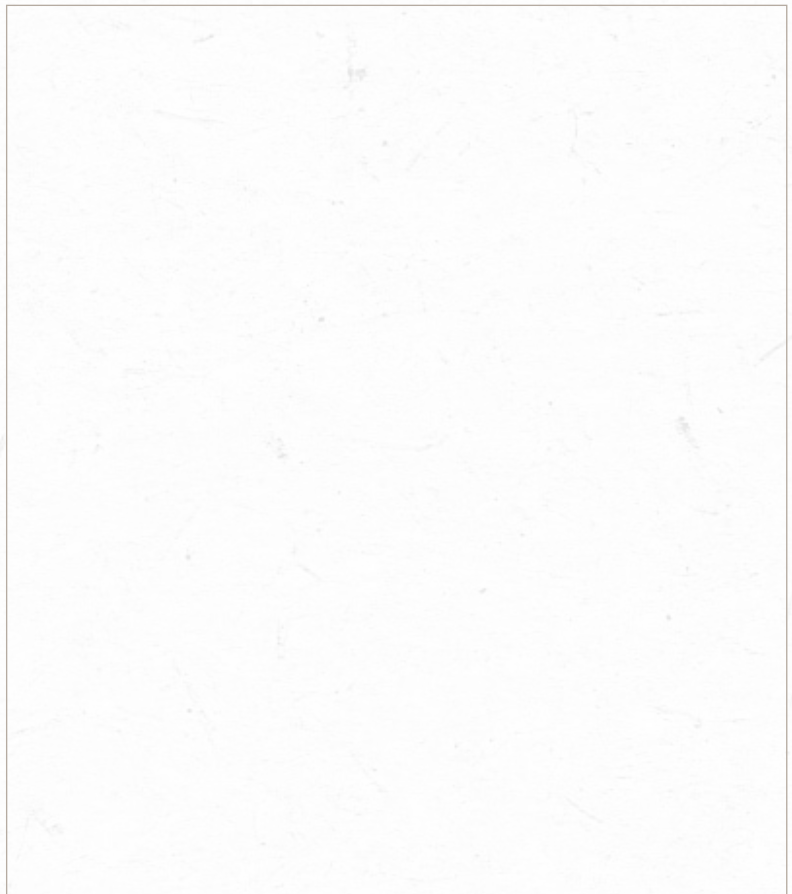


2023 Yearly *Vision*

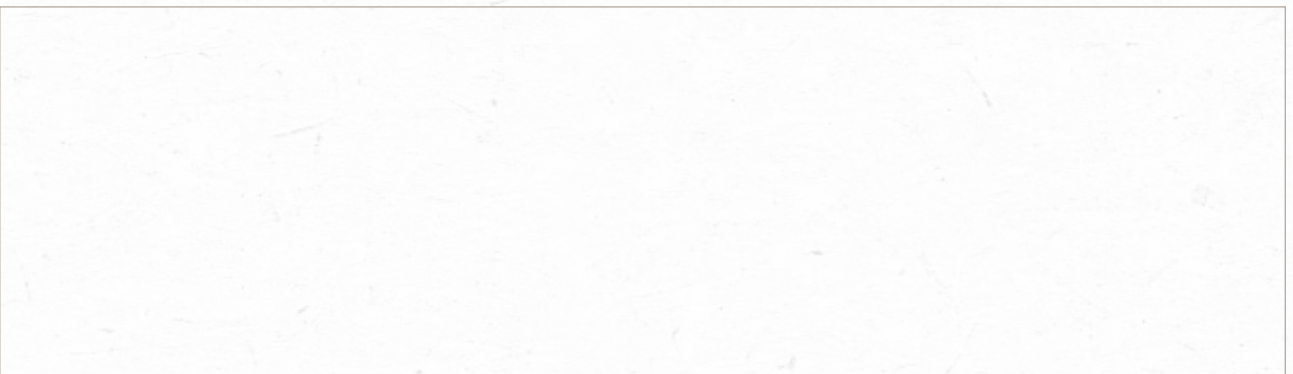
How do you want to feel in 2023 and what can you do to feel that way?

Feelings that I want to live:

How I can integrate these feelings into my life in 2023:



Was willst du am Ende des Jahres über 2023 erzählen und sagen können?



2023 Yearly *Vision*

What do you want to create in 2023? What specific goals do you want to achieve?

My goal:

The WHY behind:

Individual steps towards this goal:




2023 Yearly *Vision*

Create your vision board for 2023. Use this space for inspiration, creation, ideas, dreams, ... Collect pictures, quotes, inspiration for the different areas of life. You can also quarter your vision board and divide it into the 4 areas of health/well-being, relationships, prosperity/work, fulfilment/self-expression.

Feel free to print out the images and stick them haptically on this page. This way you connect even more with your dreams and can make them even more tangible through a creative activity :)

Thanks for being
a part *of my vision!*



AND WE DANCED,
AND WE CRIED,
AND WE LAUGHED
AND HAD A
really, really, really
good time.