



THE YEAR AHEAD 2021 | 2022

*"The cave you fear to enter holds the
treasure you seek."*

Joseph Campbell

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based on the CI of DREAMATV

Book PDF available for free download at:

www.katharinabaier.at/theyearahead

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A BOOKLET TO REFLECT AND PLAN

As the sayings go “A new year, a new beginning,” and “there is magic in every beginning.” Every step is a step into the unknown. For some it is easier to get involved in something new; to let go of the old and to face (self-)conscious challenges.

This booklet is meant to support you to look at the year 2021 in a structured way and to enter the new year strengthened. That is why you will find a review of the past year at the beginning, followed by a ritual to let go and forgive. At the end of this booklet you will then find supportive questions for 2022. But this booklet is intended to be much more. In the worksheets chapter we have put together questions and exercises for you to repeat as often as you like. At the end of this booklet you will find enough space for your own thoughts and notes too.

If you prefer to work on your PC, you can find a digital editable version at **www.katharinabaier.at/theyearahead**.

Sharing is caring: You are also welcome to share the link with friends. They can use the digital version or print out the pages.

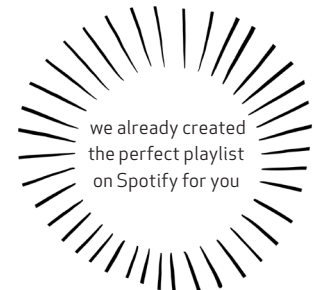
If you want to enjoy carefully selected music while your reflection, follow the QR code to the SPOTIFY playlist “The Year Ahead 2021/2022”.

So, enough of the introduction.

Enjoy!

Warm regards

Kathrin & Katharina





Get ready!

Breath.
Put on some relaxing music.
Pour yourself a hot beverage.
Let go of all of your expectations.
Start when ready.

KEY MOMENTS OF MY PAST YEAR

Go through last year's calendar week by week. If you see an important event, family gathering, friendly get-together or a significant project, write it down here.

SIX SENTENCES ABOUT MY PAST YEAR

Which moments do you want to remember?

The wisest decision I made...



The biggest lesson I learned...



The biggest risk I took...



The most painful moments...



The biggest surprise...



A quote I want to remember...



SIX QUESTIONS ABOUT MY PAST YEAR

Which moments do you want to remember?

What am I most proud of?

Who are the three people who influenced me the most?

Who are the three people I influenced the most?

What was I not able to accomplish?

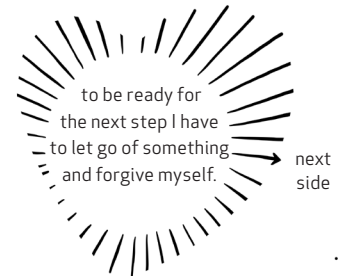
What was I able to accomplish?

What am I most grateful for?

MY BUCKETLIST

What have I accomplished this year out of everything that I have always wanted to achieve?

Looking back on my past year, I am adding new things on my BUCKETLIST.



FORGIVENESS

Ho'oponopono Ritual

Let's move into the next year with an empty (emotional) backpack. Here is a ritual to create peace within yourself. Ho'oponopono is an ancient Hawaiian spiritual practice to heal all things by accepting "total responsibility" for everything that surrounds us. The word Ho'oponopono means to "cause things to move back into balance" or to "make things right."

Getting ready

Call to mind a relationship where you would like to bring forgiveness and healing - it could also be with yourself. Take a few moments to center, breathe into your heart, imagine a golden/white light infusing your heart with compassion, gratitude and love. Now picture the person in front of you and imagine this golden light overflowing and pouring out to them as you begin the mantra, repeating over and over, from your heart to theirs:

**I'M SORRY
PLEASE FORGIVE ME
THANK YOU
I LOVE YOU**

Step 1 I'M SORRY

Underneath you are saying, "I realize that I am responsible for (the issue) in my life and I feel sorry that something in my consciousness has caused this."

Step 2 PLEASE FORGIVE ME

Say it over and over. Mean it. You can add: "And I forgive you."

Step 3 THANK YOU

Say "Thank you" - it doesn't really matter who or what you're thanking. Thank your body for all it does. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU.

Step 4 I LOVE YOU

Say it to your body, say it to the Universe. Say "I love you" to everything you are grateful for. Say it to a person. Say "I love you" to your challenges. Say it over and over. Mean it. Feel it... There is nothing as powerful as Love.



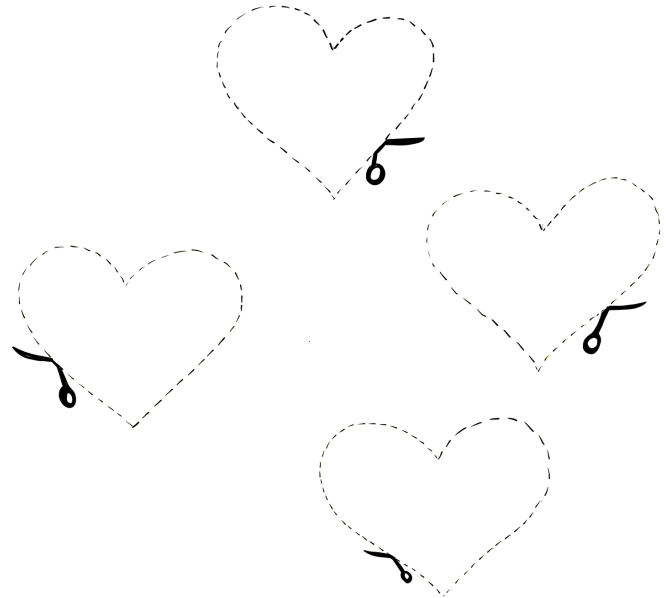


*"If the only prayer you ever say
in your entire life is
THANK YOU,
it will be enough."*

Meister Eckhart

HEARTS TO CUT OUT & GIVE AWAY

Whom do you want to give a heart today?



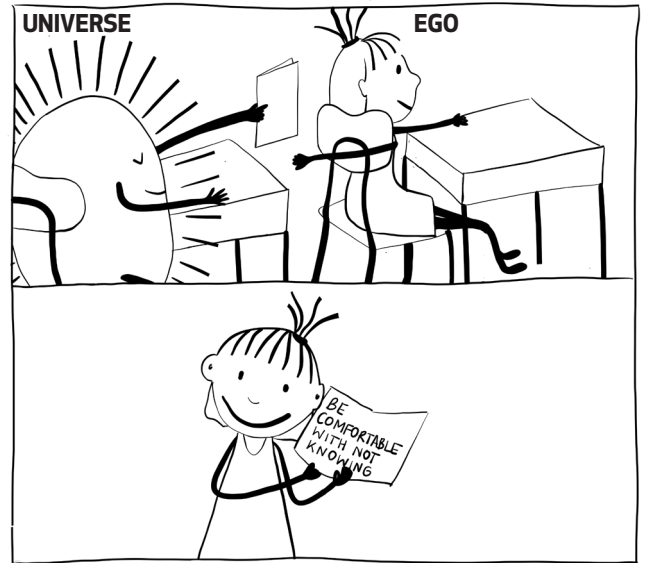
You 're done with the past year

You have just finished the first part.

Take a deep breath.

Get some rest.

2022



EVALUATING THE UNCONSCIOUS

Based on question of Otto Scharmer from the Massachusetts Institute of Technology (MIT)

What you need

20 minutes of your time and a silent partner to read the questions (next page) to you, or you can have them read to you at www.katharinabaier.at/theyearahead.

How it works

STEP 1

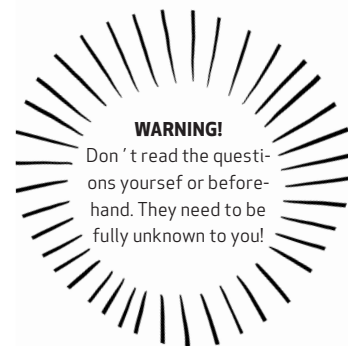
You tune into your body with the help of meditation, yoga or progressive muscle relaxation. The aim is to be completely in your body in order to address your subconscious for Step 2. We recommend 10 minutes. You can find many guided meditations or instructions for progressive muscle relaxation on YouTube.

STEP 2

Take a piece of paper and a pen. Ideally have the questions on the next page read out to you. One reading per question is enough. You have 40 seconds to answer each question. Answer the questions without thinking about them and let yourself be surprised. If you don't answer one or more questions, simply leave them out.

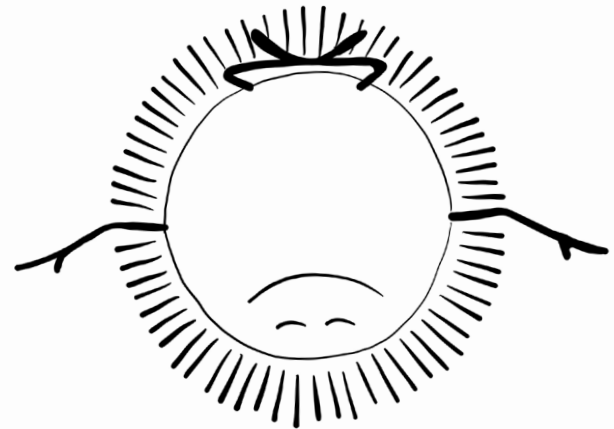
STEP 3

Look at your answers with curiosity. Are there one or two new points for you?



1. What in your current personal and/or professional situations are the key challenges and the emerging areas of possibility that your life asks you to address?
2. What question, if explored more deeply, could help you to address your current situation better and to take the next step in your personal/professional journey?
3. When do you feel your heart opening? In which situations, on which occasions, with which people can you have the experience of seeing not with your head but with your heart?
4. Imagine you could fast forward to the last moments of your life. Imagine yourself looking back on your life's journey as a whole, what would you want to see in that moment?
5. What would you want to be remembered for by the people who are alive today?
6. Let's return to the present. Imagine you could link to your future self. A future you in which you have realised your potential in the best possible way; a wiser version of yourself so to speak. Imagine you could ask this future you a question, what would that question be?
7. Now pause and stay in silence. Listen deeply to the response that your future self wants to give you. Maybe it's a phrase, a gesture or some other small gift that you receive. Write down what it is.
8. Assuming you succeed in using your potential in the best possible way, what's the image or version of your life that you see when you picture your professional self?

9. What would you have to let go of in order to bring your vision into reality? What would be the price you pay?
10. Where in your current life do you experience the seeds and the early beginnings of the future that you want to create?
11. Who could support you in this process of change? Which friends and/or partners could you ask for support?
12. How would these people notice in the next year that so many things in your life are changing in the direction that you want and need.
13. What would be a first, perhaps small, step in the next 3-7 days to make it clear to yourself that this process of change is important for you?





*"Your potential is not a gift.
It is a responsibility."*
Deepak Ramola

SIX SENTENCES ABOUT MY NEXT YEAR

Which moments do you want to remember?

A word, metaphor, or symbol, which will guide me...

Three people I want to learn from this year...

Three people I want to teach something this year...

Something I want to achieve this year...

A book/books I want to read...

An old habit I want to finally let go...

SIX QUESTIONS ABOUT MY NEXT YEAR

Which moments do you want to remember?

What is my intention for this year?

What do I want (to achieve) this year?

What job, project, etc. do I want to do this year, even if I don't get any money for it?

To which of my current decisions can I give a 100% yes to?

What am I currently doing, that I still don't know how it will turn out?

Why will this year be special for me?



*"There is freedom waiting for you,
On the breezes of the sky,
And you ask: "What if I fall?"*

*"Oh, but my darling,
What if you fly?"*

Erin Hanson

MY WISHLIST

In many cultures we have the ritual of making a wish when we see a shooting star. We are allowed to make the wish, but no one is allowed to tell us, because that is the only way it can come true.

But only when we share wishes with others can they come true. Maybe someone else can fulfill it or support you to make it real.

Write down your 22 “shooting star wishes” for the year 2022 and talk about them with others!



MY WISHLIST

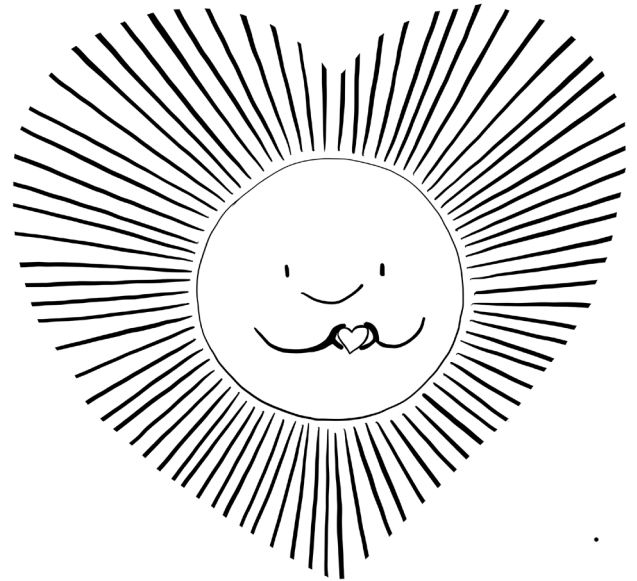


THE YEAR AHEAD YOUR DREAM MATTERS

I believe anything is possible this year.

Date

Name



BEING MORE THAN A MIND

What does it mean for me to be human?



SETTING AN INTENTION

Ask yourself: How often do I set a clear intention?
For the day, for a conversation, for a trip you are planning... Intentions have an influence on what we experience that should not be underestimated. It is a mental, but also quite physical preparation, an inner attitude with which we encounter someone or something.

In the morning

Write down your intention for the day:

In the evening

How did my intentions lead to what I experienced today?
If I change my intentions, what other outcomes will I produce?

YOUR BELIEFS SHAPE YOUR LIFE

Our beliefs have a huge impact on how we see and experience life. Sometimes it's not even our beliefs, but instead, guiding principles that we learned from our parents, and that they learned from their parents. Now is your chance to sit down and think about what your most important beliefs are and how they shape your life.

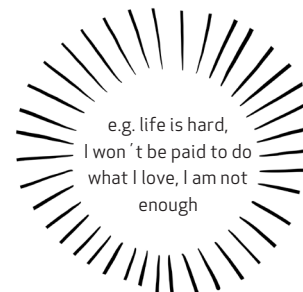
Write down 10 main beliefs that you have?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What influence do they have on my life?



What would happen if I let them go?



YOUR BELIEFS SHAPE YOUR LIFE

In this exercise you will review your beliefs about emotions, i.e. what emotions mean to you, what it means to express them, and what would happen if you allowed yourself to feel certain emotions. The aim is to uncover unhelpful or misleading beliefs.

STEP 1

For this exercise, choose a difficult emotion to work with. You might choose an emotional state that you are struggling with at the moment, for example, you might feel anxious about an upcoming event or regret a behaviour. Write the EMOTION you want to work with in the centre of the outlined sun (p. 54).

STEP 2

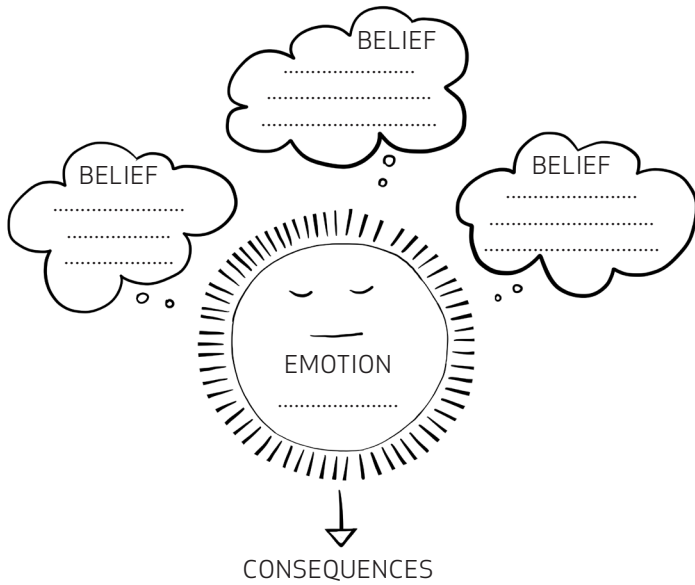
Then write your BELIEFS about emotions in the outlined thought bubbles. Beliefs could be:

- This emotional state is not a normal response; I have to get rid of it.
- If it does not kill me, it makes me stronger.
- I am too emotional.

- If others knew how I felt, they would think that I am too sensitive.
- Other people don't feel this way.
- I should be able to control my emotions.
- I need to be more rational.
- Showing my emotions to others makes me look like a "drama queen."
- etc.

STEP 3

Now let's look at what happens as a result of these beliefs about emotions. What influence do these beliefs have on how you feel, behave and talk to yourself when you are confronted with? Write down as many consequences and actions (positive and negative) as you can. Remember to think of CONSEQUENCES.



.....
.....
.....
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NOTES

Space to reflect.

CERTAINTY

Is there actually any certainty in our lives or is everything uncertain? What can you safely rely on in your life, either friends or qualities you have yourself, or things you know will happen 100% of the time?

What do you know for sure?

CONCIOUS BREATHING

We take 20,000 breaths a day. That's about 650 million breaths from birth to death. Most of them subconsciously. Breathing has a great influence on our emotional state, our muscle tension and brings us into the here and now.

This page is dedicated to breathing.

Take the next 20 breaths consciously.

Inhale (5-7 seconds), hold (3 seconds), exhale (5-7 seconds), hold (3 seconds).



YOUR BIGGEST FEAR

What is my biggest fear?

What would happen if it was gone tomorrow?

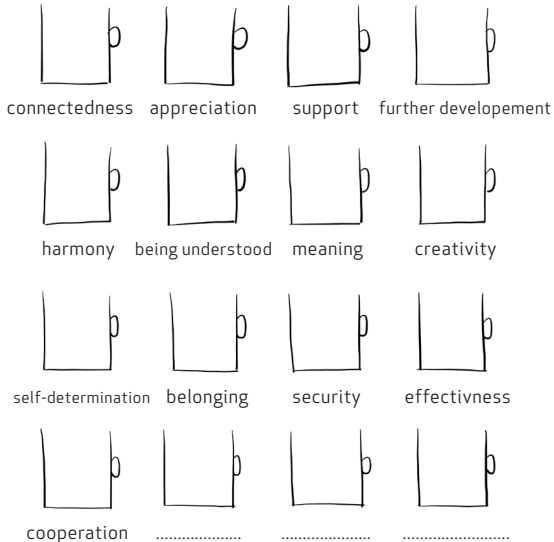
COMMENTING ON A QUOTE

1. Pick a number between 1 - 22.
2. Pick one of the following words: stillness, fear, consciousness, creativity, unknown, trust, imagination, vision, uncertainty, freedom.
3. Go to a search engine on the internet, type in the word you chose and "quote". Go to pictures and check the quote the number you have chosen.
4. Write down your thoughts on that quote.

ASSESSMENT OF NEEDS

How much our needs are met affects how we communicate with or behave towards others. Below you can assess the fulfilment of your own needs. Draw how full your “needs cup” is. Draw a line or fill the cup up with colour to represent how full your own personal cup is.

Based on Marshal B. Rosenberg, Non-violent Communication



REFLECTION QUESTIONS

Which needs are currently filled the most, which the least?

Does this have an impact on my behavior (how I treat others)?

Do you give (energy) with that of a full needs cup or do you give (energy) even though your needs cup is not full?

What type and quality of energy is there to give from a needs cup that is not full?



*"Whatever you can do or dream you can,
begin it. Boldness has genius, power,
and magic in it."*

Johann Wolfgang von Goethe


DREAM IT, LIVE IT!

What dream am I ready to realise?

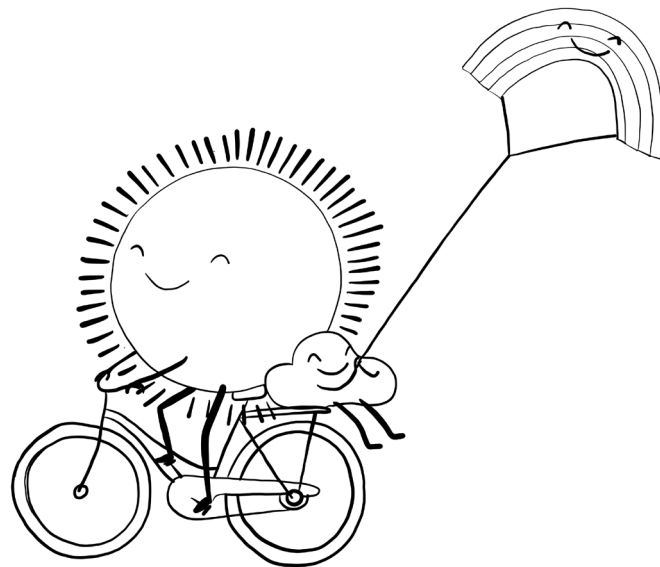
A large, empty, rounded rectangular box with a dotted border, intended for writing a dream.

LOVE NOTE

Write a love note to yourself. What is it that you most need or want to hear?



*"Just being born makes me worthy
of being here."*



MY DREAM SPACE

MY DREAM SPACE

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*"You have
the potential
to make
beautiful things!"*

Yes, you!"

