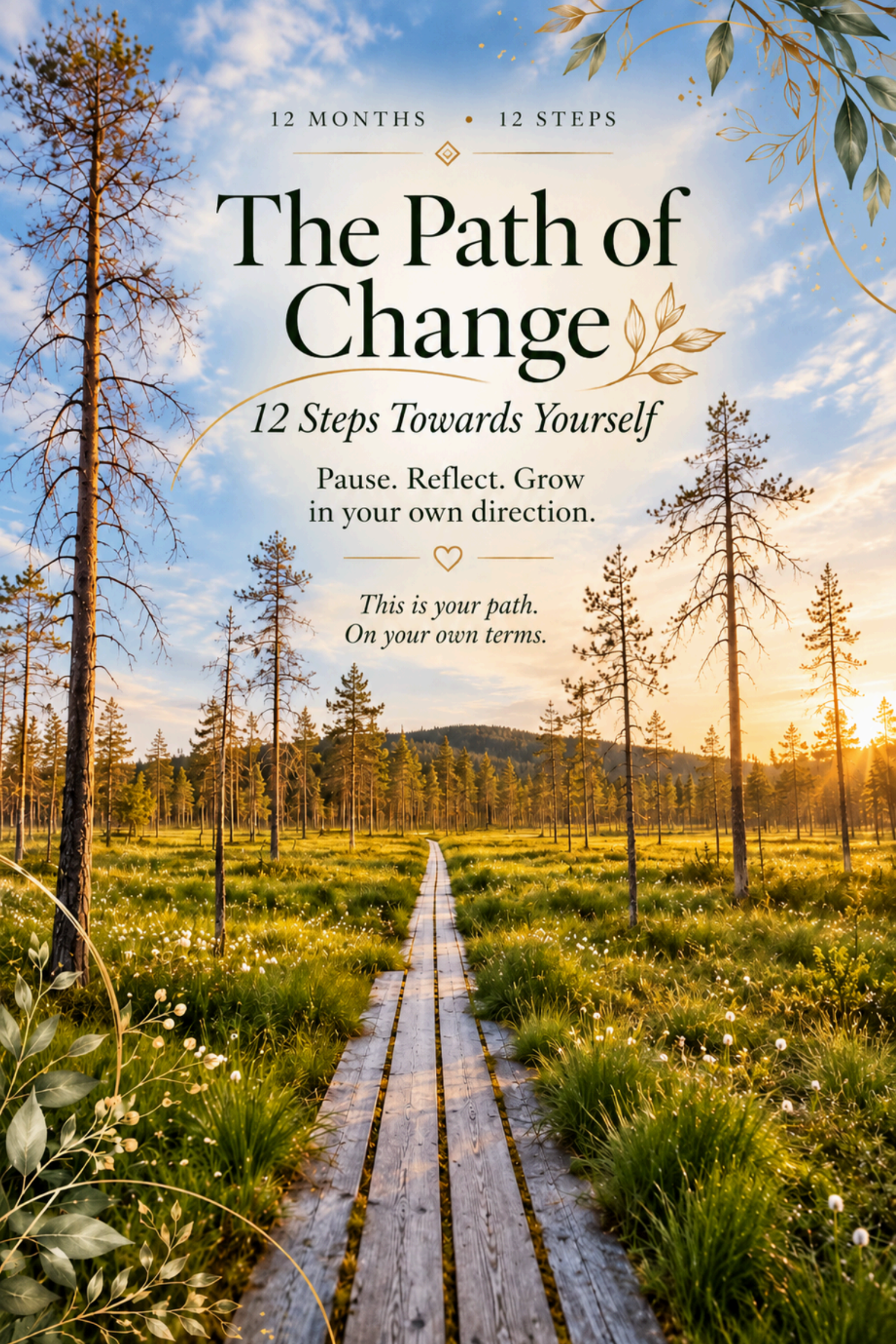

12 MONTHS • 12 STEPS
The Path of Change
12 Steps Towards Yourself
Pause. Reflect. Grow
in your own direction.
This is your path.
On your own terms.



12 MONTHS • 12 STEPS

Welcome to the Path of Change

The Path of Change invites you to pause and turn your attention to your own life. Over the course of a year, you will journey through twelve themes and try out small exercises that build presence, self-knowledge, and everyday well-being.

Each month begins with an opening page for the theme. After that, there are four weekly pages – one exercise for each week. You can write your reflections directly on the pages or use them digitally.

You don't have to do the exercises perfectly or follow a strict schedule. If an exercise doesn't feel right for you at the moment, you can skip it and come back to it later. Even a short pause can be meaningful.

This is not a performance or a to-do list, but a space to notice what's happening in your life. Set your own pace and return to the pages whenever you need to.

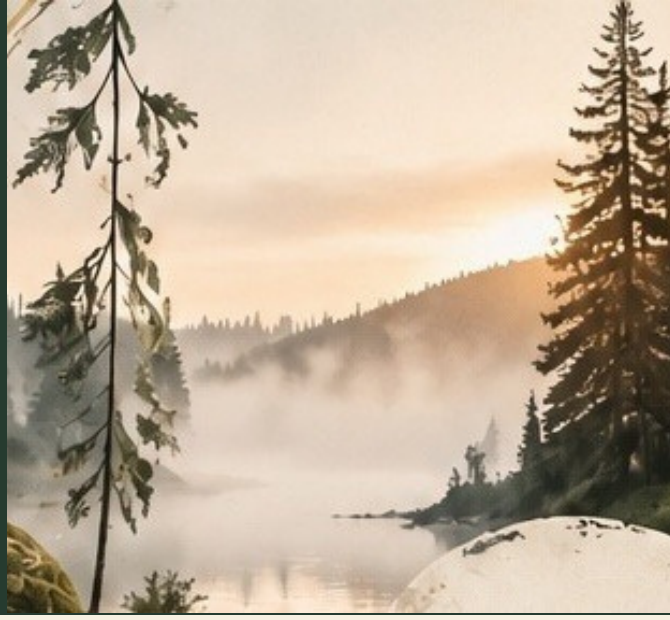
This is your path.
On your own terms.

Marjaana and Johanna

MONTH 1

GROWING AWARENESS

GROWING AWARENESS



This month, you will practise pausing and directing your attention to the present moment.

Awareness does not mean that your thoughts have to become quiet or that everyday life has to be perfect.

It is enough to notice what is happening within you and around you, and gently return to the present moment.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Breathing	A mindfulness moment	Awareness of emotions	Mindful eating

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

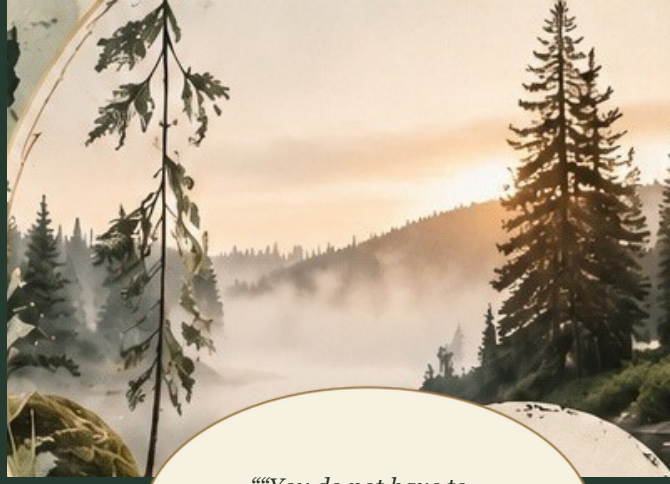
MONTH 1

GROWING AWARENESS

WEEK 1

Observing your breathing

Pause in this moment.
Everything begins with noticing.



““You do not have to change anything. It is enough to notice.””

The week’s exercise

Set aside about five minutes each day to observe your breathing. Sit comfortably and direct your attention to your breath.

Notice what the inhalation and exhalation feel like.

Let your thoughts come and go. When you notice that your attention has wandered, gently return to your breathing.

The week’s goal

Learn to notice what is happening within you when you pause for a moment.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did you notice about your breathing? Did the way you felt change during or after the exercise?

♡ One insight to take with me

This week I noticed...



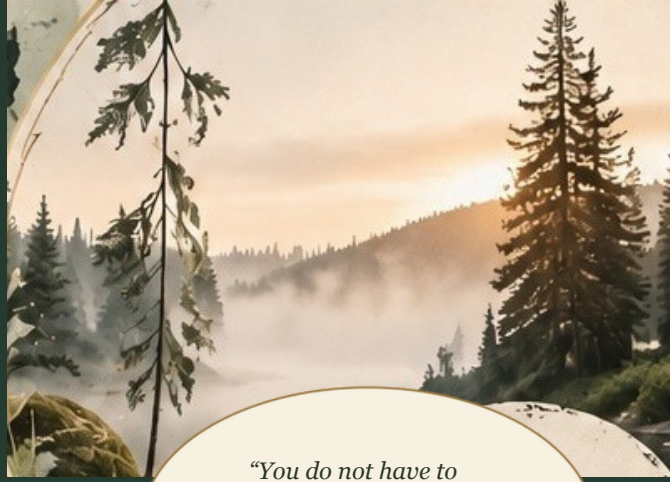
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 1
GROWING AWARENESS

WEEK 2

A mindfulness moment

Be present for a moment.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one 5–10-minute moment each day and experience it mindfully.
You can drink coffee, walk or sit quietly.

Notice what you see, hear and feel. Set distractions aside for a moment and allow yourself to be exactly where you are.

The week's goal

Practise being present in the middle of ordinary everyday life.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

When today were you truly present? What did you notice when you slowed down?

♡ One insight to take with me

This week I noticed...



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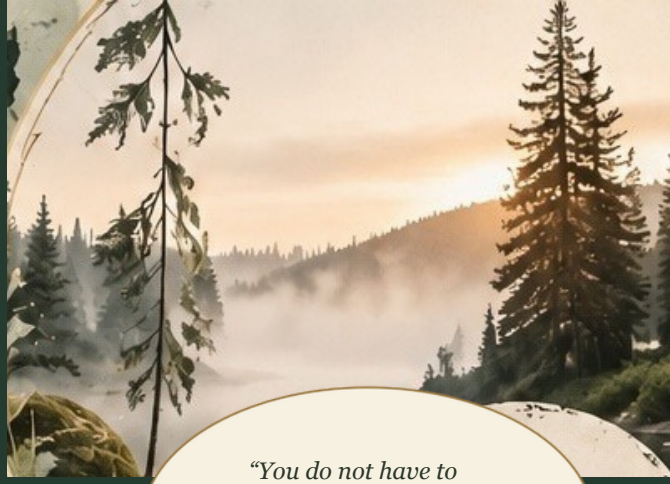
MONTH 1

GROWING AWARENESS

WEEK 3

Awareness of emotions

Notice what you feel.



"You do not have to change anything. It is enough to notice."

The week's exercise

Pause during the day to identify your emotions.

If you wish, write down what you felt, in what situation the feeling arose and what you may have needed at that moment.

You do not need to judge emotions as good or bad – you can simply notice them.

The week's goal

Learn to recognise the connections between emotions and situations.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

Which emotion came up today? What might it have been telling you?

♡ One insight to take with me

This week I noticed...



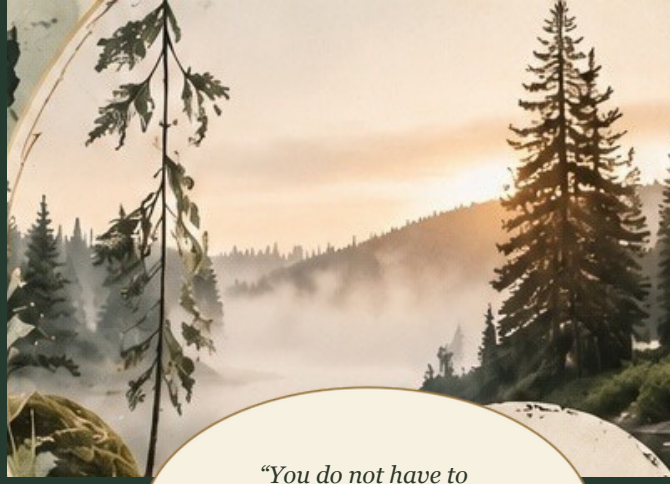
YOU DO NOT HAVE TO SUCCEED.
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MONTH 1
GROWING AWARENESS

WEEK 4

Mindful eating

Give your meal your attention.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one meal or snack each day and focus on eating while you have it.

If possible, put your phone and other distractions aside.

Notice the smell, taste and texture of the food, and how eating feels. Eat at your own pace.

The week's goal

Practise being present and noticing your senses while eating.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did you notice about the food or how you felt when you focused on eating?

♡ ne insight to take with me

This week I noticed...

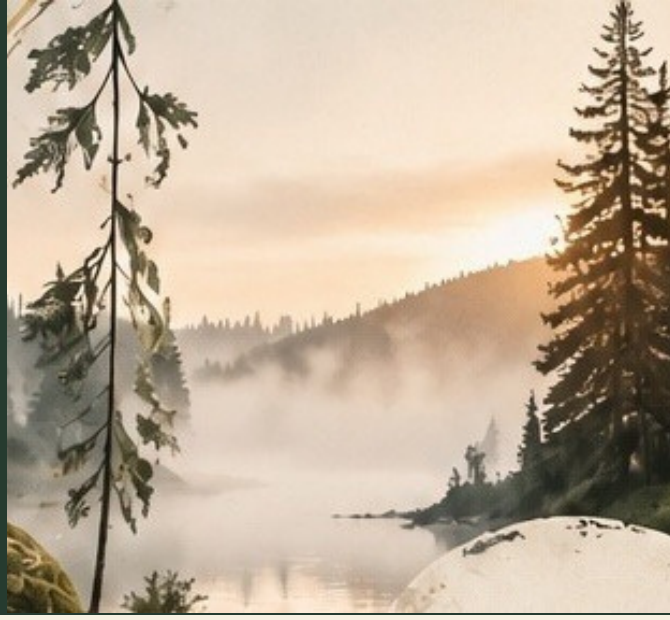


YOU DO NOT HAVE TO SUCCEED.
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MONTH 2

SELF-KNOWLEDGE AND VALUES

Self-knowledge and values



This month, you will pause to consider what matters to you and which experiences have shaped you.

Self-knowledge is not about becoming complete or finished, but about being curious about your own life and choices.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
My value	Strengths and areas for growth	Life path	Self-reflection

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

Reminder

You do not have to change everything at once.



YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 2

SELF-KNOWLEDGE AND VALUES

WEEK 1

My values

What matters to you?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write down five values that feel most important in your life.

Consider how each one shows up in your everyday life and in which situations it takes a back seat.

Choose one small action through which you can make an important value more visible this week.

The week's goal

Clarify your own values and how they relate to everyday choices.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

Which value became most important to you? How could you live in accordance with it?

♡ One insight to take with me

This week I noticed...



YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 2

SELF-KNOWLEDGE AND VALUES

WEEK 2

Strengths and areas for growth

Recognise what is already within you.



"You do not have to change anything. It is enough to notice."

The week's exercise

Write down three of your strengths and three things you would like to develop.

Think about when your strengths have helped you and how you could use them in challenging situations too.

Look at areas for growth with curiosity, not criticism.

The week's goal

Deepen your self-knowledge by recognising your strengths and opportunities for growth.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

Which strength would you like to make use of more often?

♡ One insight to take with me

This week I noticed...



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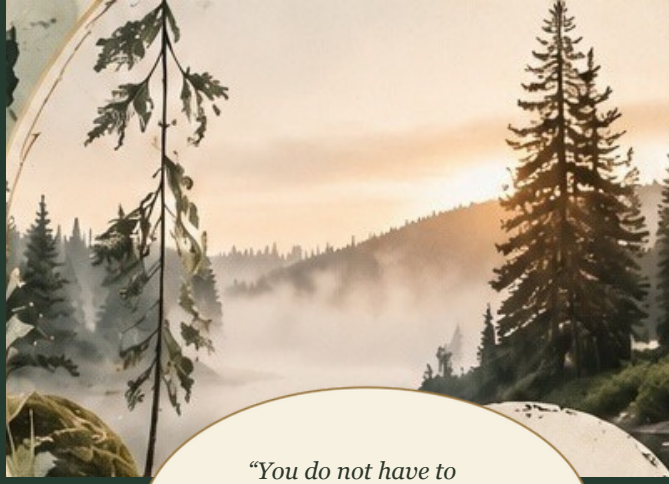
MONTH 2

SELF-KNOWLEDGE AND VALUES

WEEK 3

Your life path

Look back to understand yourself.



"You do not have to change anything. It is enough to notice."

The week's exercise

Draw or write about your life path. Mark significant events, people, choices and turning points on it.

Reflect on what you have learned and how your experiences have influenced who you are today.

You do not need to process everything at once.

The week's goal

Recognise experiences that have influenced your life today.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

Which experience looks different to you now, in terms of its meaning?

♡ One insight to take with me

This week I noticed...



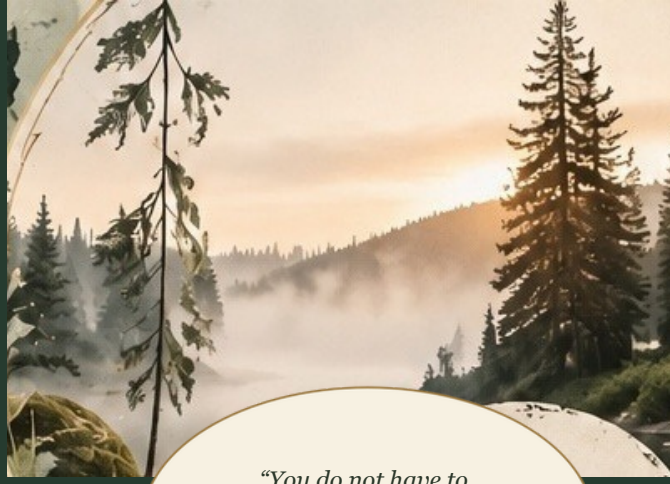
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 2
SELF-KNOWLEDGE AND VALUES

WEEK 4

Self-reflection

Listen to yourself gently.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside 5–10 minutes each day for quiet reflection.

Write down your thoughts about what you have learned about yourself during this month, what feels true to you and what you would like to understand better.

The week's goal

Strengthen your connection with yourself and clarify your own direction.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What have you noticed about yourself during this month?

♡ One insight to take with me

This week I noticed...

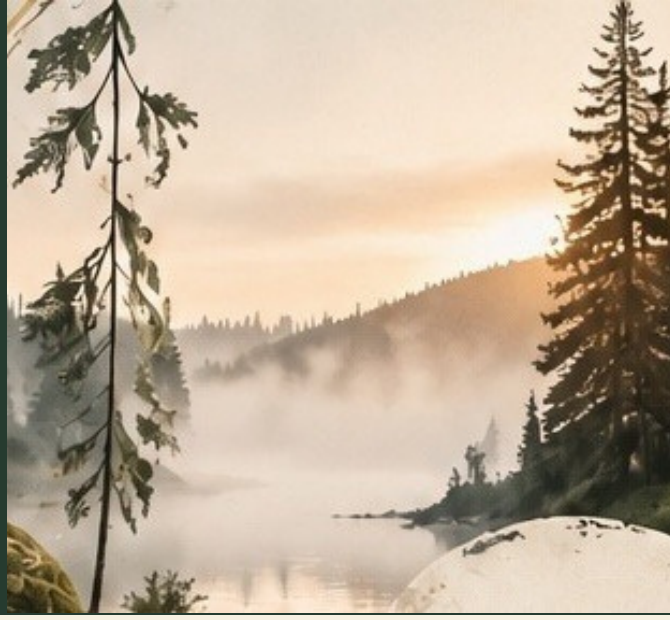


YOU DO NOT HAVE TO SUCCEED.
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MONTH 3

PERSONAL GROWTH AND PURPOSE

Personal growth and purpose



This month, you will explore meaning and what gives your life direction.

You do not need to find the answers straight away.

You can begin with small moments that feel important, and with things that make you feel connected to yourself and the world around you.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Meaning in life	Meditation and compassion	Connection with the world around you	Visualising your own direction

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

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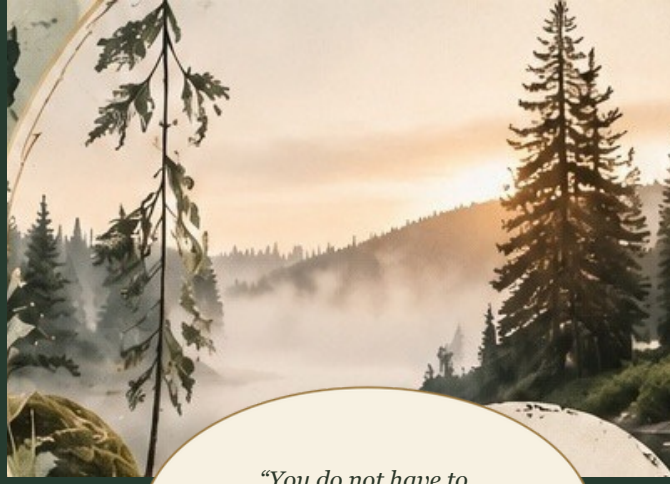
YOU DO NOT HAVE TO SUCCEED.
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MONTH 3
PERSONAL GROWTH AND PURPOSE

WEEK 1

Meaning in life

What gives your life meaning?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write about what meaning and purpose in life mean to you.

Which people, activities or moments feel important?

Return to your reflection on a few different days and notice whether your thoughts change or deepen.

The week's goal

Begin exploring your own sense of meaning and direction.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What kind of moment has felt particularly meaningful recently?

♡ One insight to take with me

This week I noticed...



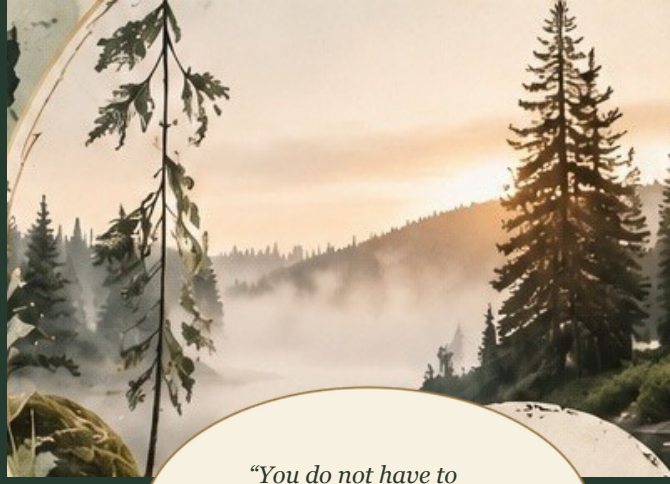
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 3
PERSONAL GROWTH AND PURPOSE

WEEK 2

Meditation and compassion

Make room for your thoughts.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about ten minutes each day for quiet meditation or stillness.

You can focus on compassion, gratitude or a question that is important to you.

When your thoughts wander, calmly return to the theme you have chosen.

The week's goal

Deepen self-reflection and calm presence.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did you notice during the quiet moment?

♡ One insight to take with me

This week I noticed...



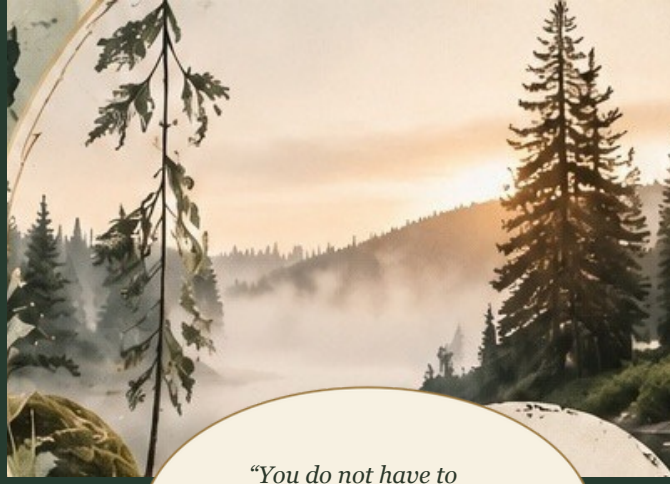
YOU DO NOT HAVE TO SUCCEED.
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MONTH 3
PERSONAL GROWTH AND PURPOSE

WEEK 3

Connection with the world around you

Notice what connects you to your surroundings.



"You do not have to change anything. It is enough to notice."

The week's exercise

Spend a moment each day in nature or another peaceful environment.

Pay attention to the sounds, scents and colours around you and to how you feel.

Reflect on when you feel that you belong as part of the world around you.

The week's goal

Strengthen your sense of connection with nature and your surroundings.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

When did you feel connected to the world around you?

♡ One insight to take with me

This week I noticed...



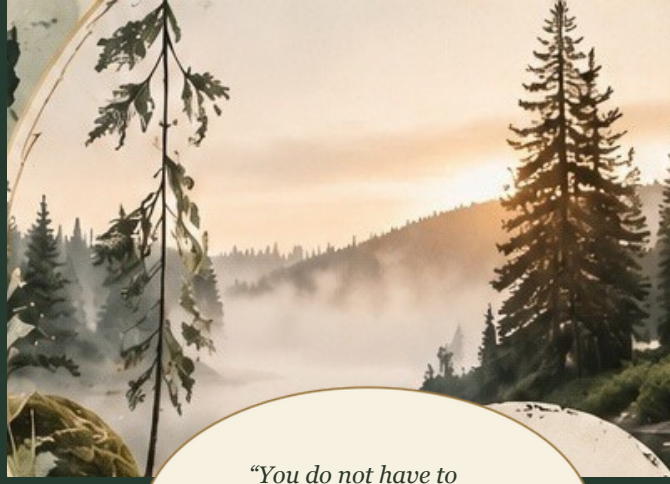
YOU DO NOT HAVE TO SUCCEED.
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MONTH 3
PERSONAL GROWTH AND PURPOSE

WEEK 4

Visualising your own direction

Imagine a life that feels like your own.



"You do not have to change anything. It is enough to notice."

The week's exercise

Write about what your life could look like if you could live more strongly in accordance with your own values and your sense of meaning.

Imagine an ordinary day in this life.

What would you do, what would you cherish and what would you let go of?

The week's goal

Clarify your idea of a direction that is meaningful to you.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What small step would take you towards the life you have described?

♡ One insight to take with me

This week I noticed...

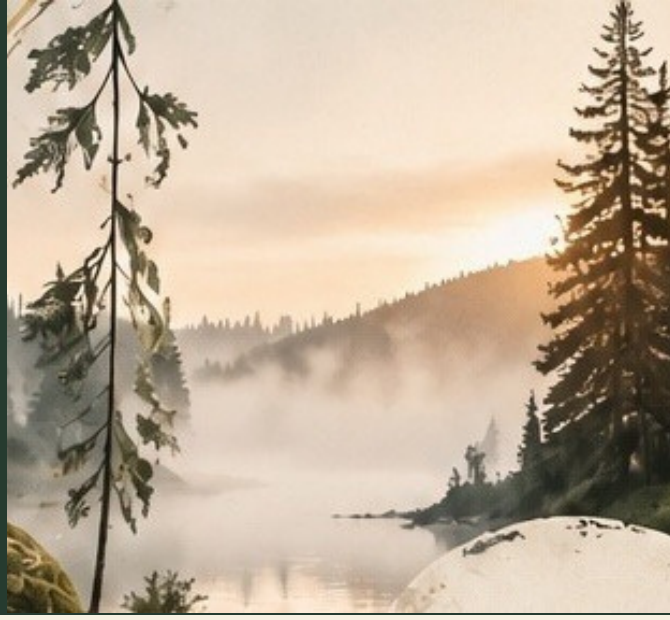


YOU DO NOT HAVE TO SUCCEED.
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MONTH 4

PHYSICAL WELL-BEING
AND LISTENING TO YOUR BODY

Physical well-being and listening to your body



This month, you will turn your attention to your body, energy levels and recovery.

The purpose is not to do more, but to learn to notice what supports your well-being.

Choose a way of moving and resting for the exercises that feels suitable and safe for you.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Movement and energy	Nutrition and listening to your body	Water and well-being	Listening to your body

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



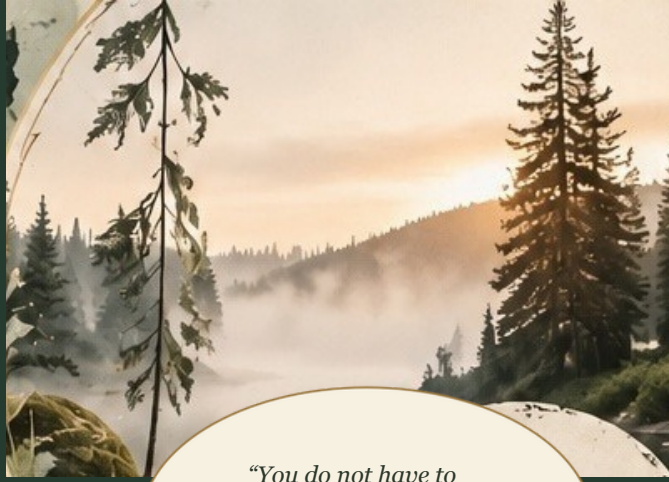
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 4
PHYSICAL WELL-BEING AND LISTENING TO YOUR BODY

WEEK 1

Movement and energy

Find movement that does you good.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about 20 minutes each day for movement that suits you, such as walking, stretching or yoga.

Adapt the exercise to how you are feeling; light movement and a shorter moment are enough too.

The week's goal

Increase your awareness of how movement affects the way you feel.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What kind of movement felt good today?

♡ One insight to take with me

This week I noticed...

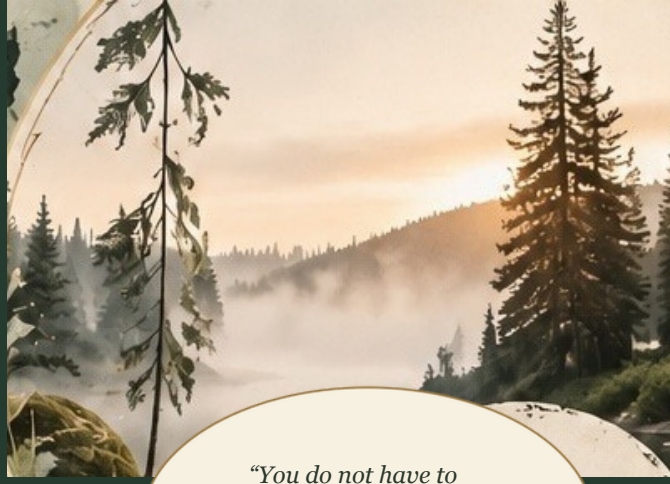
YOU DO NOT HAVE TO SUCCEED.
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MONTH 4
PHYSICAL WELL-BEING AND LISTENING TO YOUR BODY

WEEK 2

Nutrition and listening to your body

Notice how everyday life affects your energy.



"You do not have to change anything. It is enough to notice."

The week's exercise

For one week, observe how your eating, rest and everyday routines affect how you feel.

Make observations without strict rules or judgement.

Reflect on what helps you feel well and what needs attention.

The week's goal

Learn to recognise the connections between your everyday life and your energy levels.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What observation helped you understand your energy levels?

♡ One insight to take with me

This week I noticed...



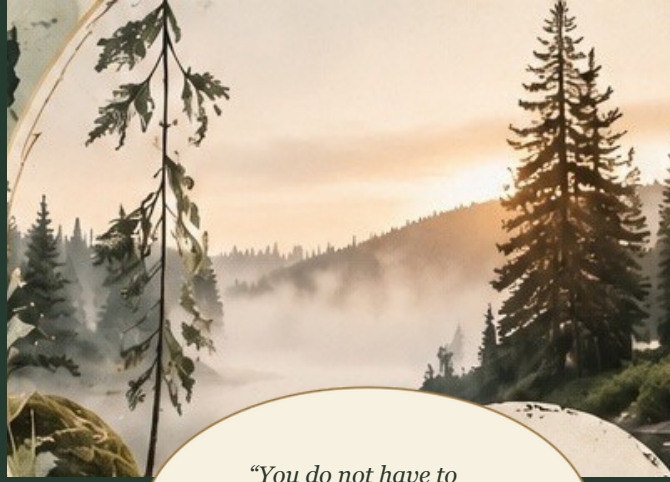
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MONTH 4
PHYSICAL WELL-BEING AND LISTENING TO YOUR BODY

WEEK 3

Water and well-being

Take care of your body through small actions.



"You do not have to change anything. It is enough to notice."

The week's exercise

Pay attention to whether you remember to drink enough during the day in a way that suits you.

You can connect drinking water to a familiar routine and observe how drinking regularly affects how you feel.

The week's goal

Increase your awareness of the connection between hydration and how you feel.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What helped you remember to take care of your body?

♡ One insight to take with me

This week I noticed...



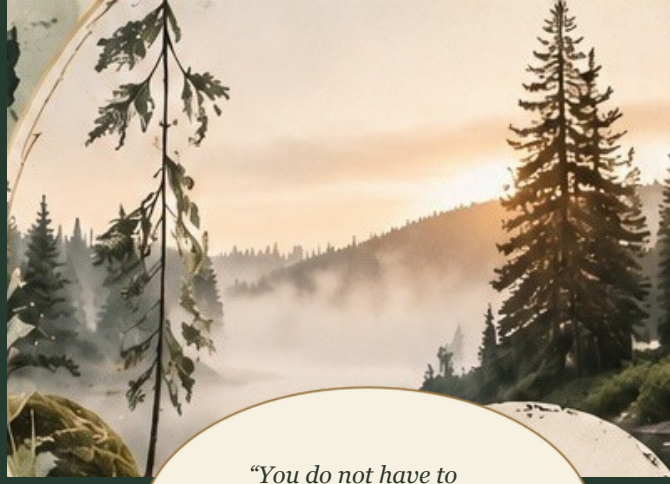
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MONTH 4
PHYSICAL WELL-BEING AND LISTENING TO YOUR BODY

WEEK 4

Listening to your body

Pause and pay attention to your body's messages.



"You do not have to change anything. It is enough to notice."

The week's exercise

Do a short body-awareness exercise every day.

Gently move your attention through different parts of your body and notice sensations without trying to change them.

You can do the exercise sitting or lying down, and stop if it feels uncomfortable.

The week's goal

Deepen body awareness and learn to notice when you need rest or movement.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did your body seem to need today?

♡ One insight to take with me

This week I noticed...

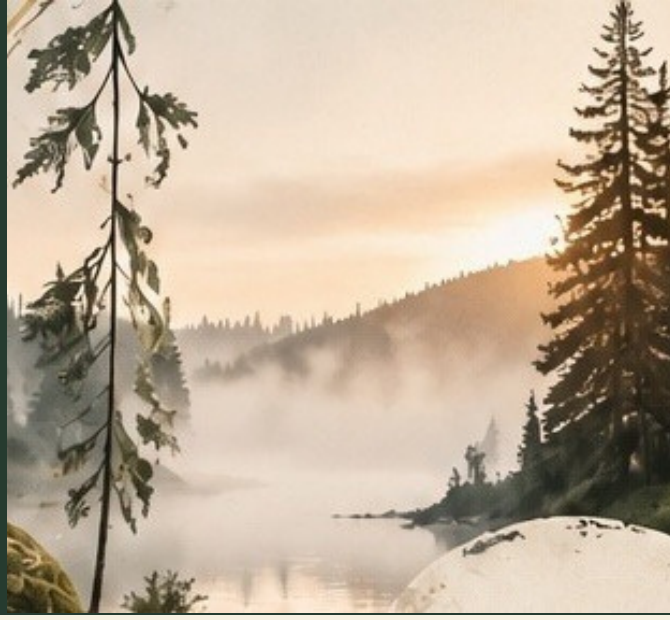


YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 5

EMOTIONAL INTELLIGENCE AND INTERACTION

Emotional intelligence and interaction



This month, you will explore emotions in encounters with others, listening, empathy and open communication.

The aim is not to always act perfectly, but to notice your own reactions and create more room for understanding.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Recognising emotions	Empathy and understanding	Mindful communication	Openness and honesty

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

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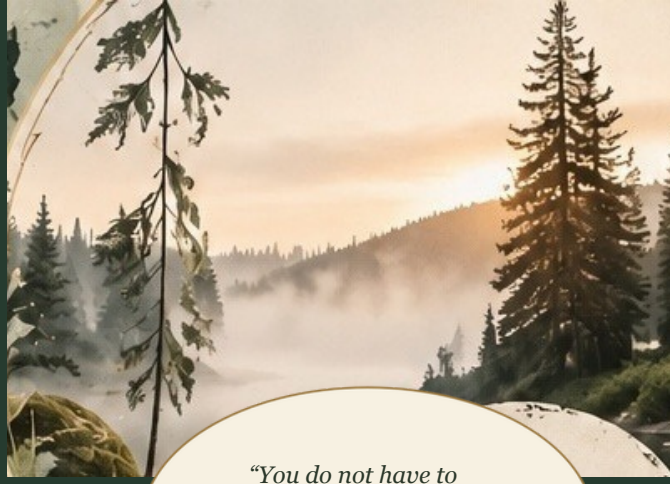
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 5
EMOTIONAL INTELLIGENCE AND INTERACTION

WEEK 1

Recognising emotions

Pause before you react.



"You do not have to change anything. It is enough to notice."

The week's exercise

When you notice an emotion arising, pause for a moment.

Name the emotion and consider what in the situation influenced it and what you need.

Try this especially in situations where you would normally react quickly.

The week's goal

Strengthen your ability to recognise emotions and the needs behind them.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What did you learn about your own reactions during this week?

♡ One insight to take with me

This week I noticed...



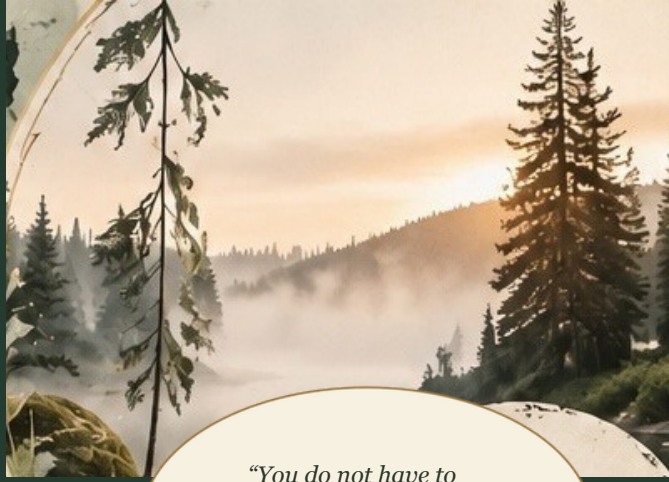
YOU DO NOT HAVE TO SUCCEED.
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MONTH 5
EMOTIONAL INTELLIGENCE AND INTERACTION

WEEK 2

Empathy and understanding

Try seeing the situation through another person's eyes.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one conversation or encounter each day in which you try to understand the other person's perspective.

Listen, ask for more information if needed and check whether you have understood correctly.

Understanding another person does not mean that you have to agree with them.

The week's goal

Practise empathy and increase understanding in encounters with others.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What did you notice when you paused to listen to another person's perspective?

♡ One insight to take with me

This week I noticed...



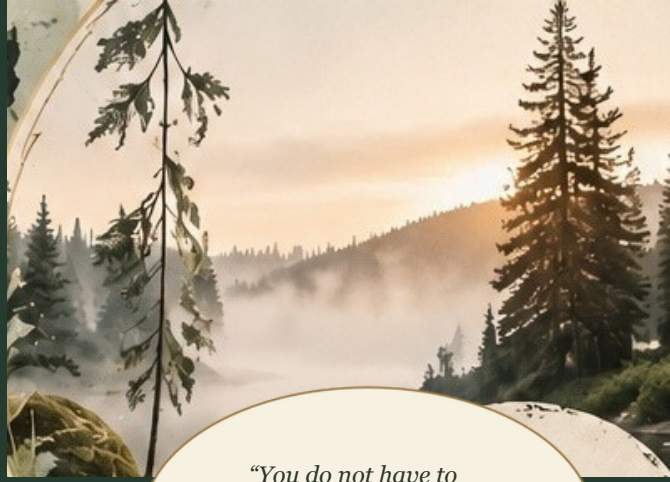
YOU DO NOT HAVE TO SUCCEED.
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MONTH 5
EMOTIONAL INTELLIGENCE AND INTERACTION

WEEK 3

Mindful communication

Listen all the way to the end.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one conversation each day in which you focus on listening without interrupting.

Notice your own urge to respond or solve the matter immediately.

Give the other person space and, if needed, tell them in your own words what you heard.

The week's goal

Strengthen your listening skills and your connection with the person you are talking to.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What changed in the conversation when you listened mindfully?

♡ One insight to take with me

This week I noticed...



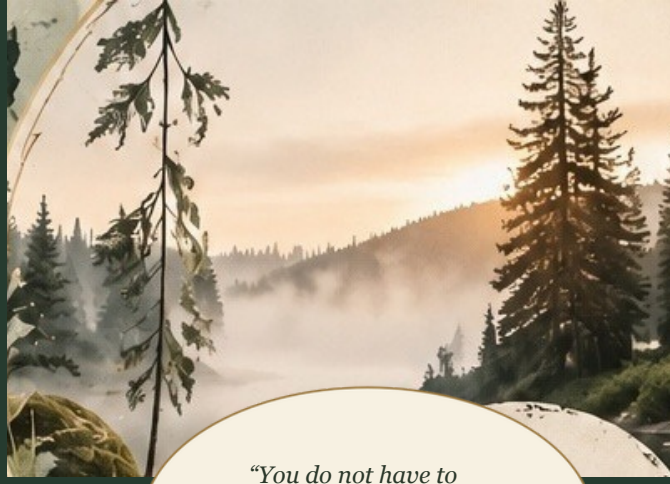
YOU DO NOT HAVE TO SUCCEED.
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MONTH 5
EMOTIONAL INTELLIGENCE AND INTERACTION

WEEK 4

Openness and honesty

Say out loud what matters to you.



"You do not have to change anything. It is enough to notice."

The week's exercise

During the week, honestly share a feeling, experience or thought in a safe encounter.

You can start small and choose for yourself what you want to share and with whom.

Openness does not mean an obligation to reveal everything.

The week's goal

Practise communicating your own feelings and thoughts.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

How did it feel to speak openly about yourself?

♡ One insight to take with me

This week I noticed...

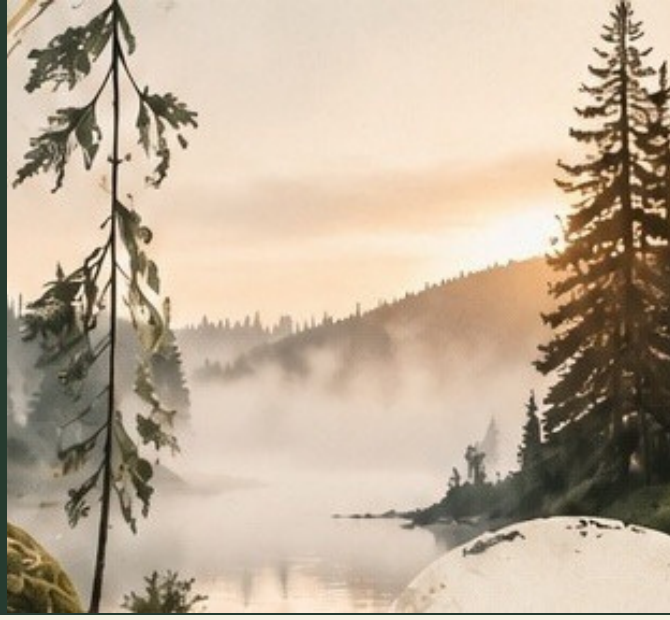


YOU DO NOT HAVE TO SUCCEED.
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MONTH 6

COMPASSION AND GRATITUDE

Compassion and gratitude



This month, you will practise noticing the good and treating yourself and others more gently.

Gratitude does not mean ignoring difficult things.

It can be a small moment in which you notice what sustains you in the midst of everything.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Gratitude journal	Compassion towards yourself	Compassion towards others	A moment of gratitude

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



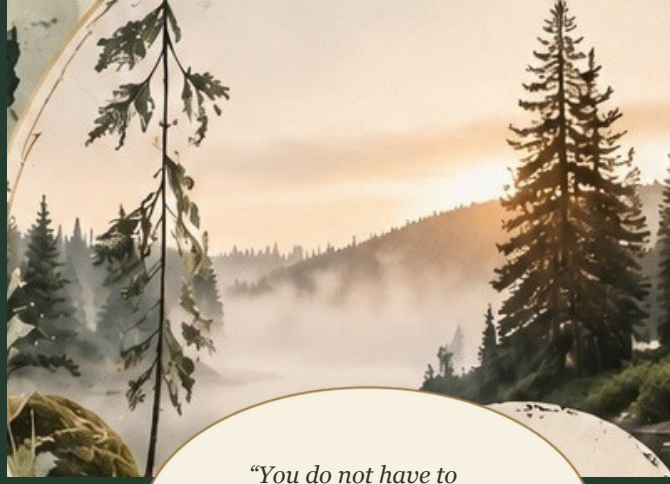
YOU DO NOT HAVE TO SUCCEED.
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MONTH 6
COMPASSION AND GRATITUDE

WEEK 1

Gratitude journal

Notice even the smallest good things.



"You do not have to change anything. It is enough to notice."

The week's exercise

Write down three things every day that you are grateful for or appreciate.

They can be big or very ordinary things: an encounter, a moment of rest, nature or something you did.

If gratitude feels difficult, write down just one thing you noticed.

The week's goal

Practise directing your attention also towards what brings good things into your life.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What small thing made your day better?

♡ One insight to take with me

This week I noticed...



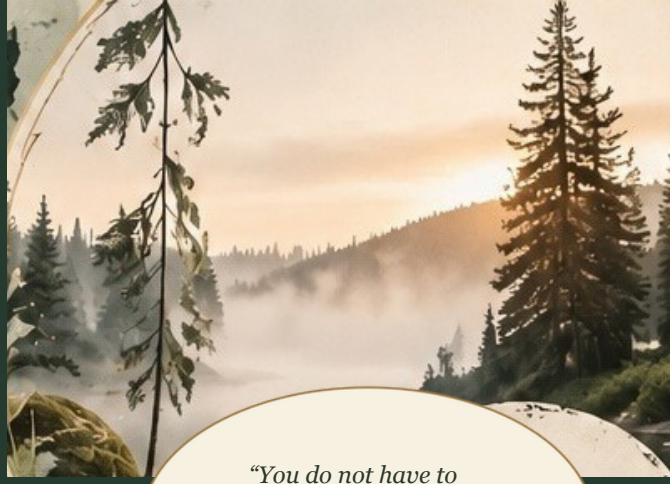
YOU DO NOT HAVE TO SUCCEED.
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MONTH 6
COMPASSION AND GRATITUDE

WEEK 2

Compassion towards yourself

Speak to yourself as you would to someone important to you.



"You do not have to change anything. It is enough to notice."

The week's exercise

When you notice yourself criticising yourself, pause and think about what you would say to a friend in the same situation.

Write yourself one encouraging or comforting sentence and return to it during the week.

The week's goal

Strengthen self-compassion and an accepting attitude towards yourself.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

When did you need gentleness the most this week?

♡ One insight to take with me

This week I noticed...



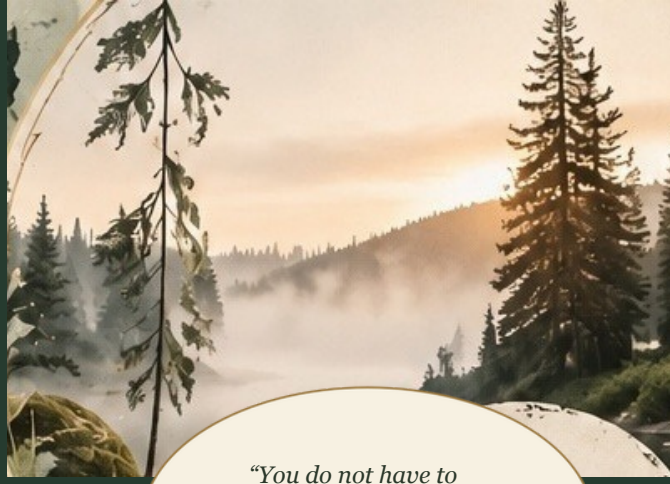
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MONTH 6
COMPASSION AND GRATITUDE

WEEK 3

Compassion towards others

Do a small act of kindness.



"You do not have to change anything. It is enough to notice."

The week's exercise

Do one small compassionate act every day: listen, help, thank someone or say something encouraging.

You can also notice a situation in which kindness means respecting boundaries –
both your own and those of others.

The week's goal

Strengthen your connection with others through small everyday encounters.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What effect did the kind act have on you or the other person?

♡ One insight to take with me

This week I noticed...



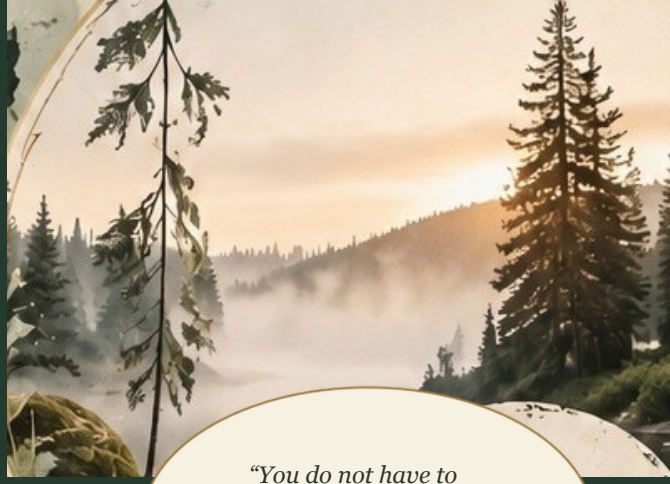
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MONTH 6
COMPASSION AND GRATITUDE

WEEK 4

A moment of gratitude

Pause and notice what sustains you.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about ten minutes each day for a quiet moment.

Bring to mind things, people or experiences you feel grateful for.

You can breathe calmly and allow each thought to linger for a moment.

The week's goal

Deepen your experience of gratitude and calm.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What do you want to remember from this week?

♡ One insight to take with me

This week I noticed...

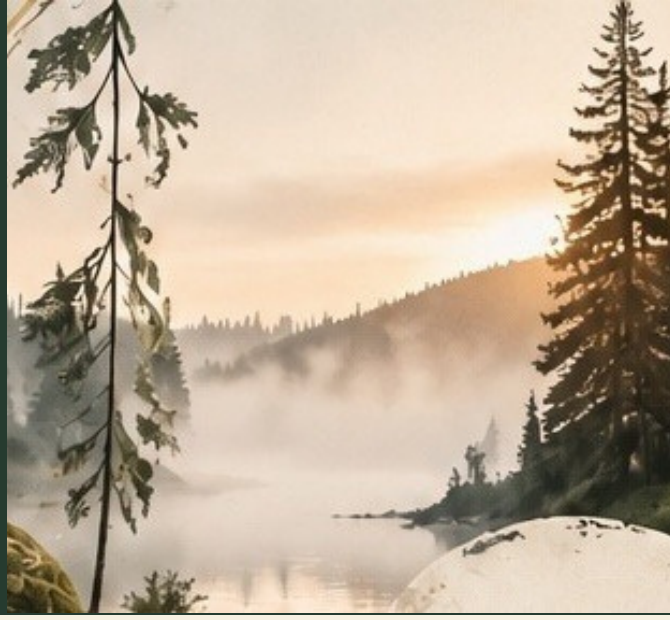


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MONTH 7

CREATIVITY AND SELF-EXPRESSION

Creativity and self-expression



This month, you will make room for creativity and your own voice.

Creativity does not have to lead to a finished piece of work.

It can be playing, experimenting, writing, or noticing a detail found in nature.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Free writing	Creative experiment	Finding your own voice	Nature-inspired creativity

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



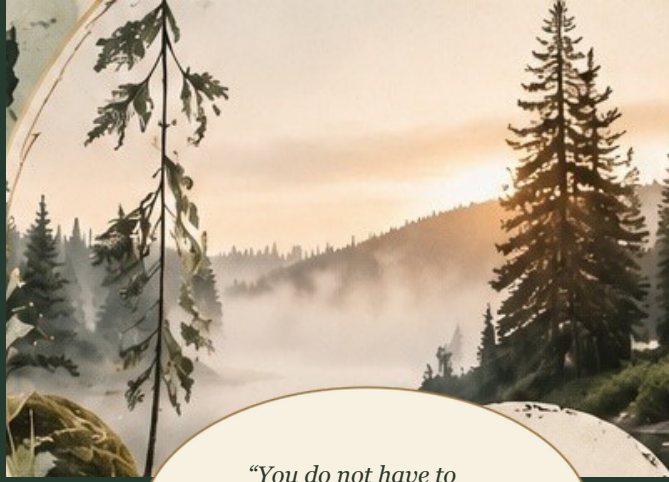
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 7
CREATIVITY AND SELF-EXPRESSION

WEEK 1

Free writing

Let your thoughts come.



"You do not have to change anything. It is enough to notice."

The week's exercise

Write freely for about ten minutes each day.

Do not stop to correct or evaluate your text.

You can write about what you think, feel, hope for or notice.

You do not need to show the text to anyone.

The week's goal

Free your self-expression and give your thoughts room.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What did you notice when you did not try to make the text perfect?

♡ One insight to take with me

This week I noticed...



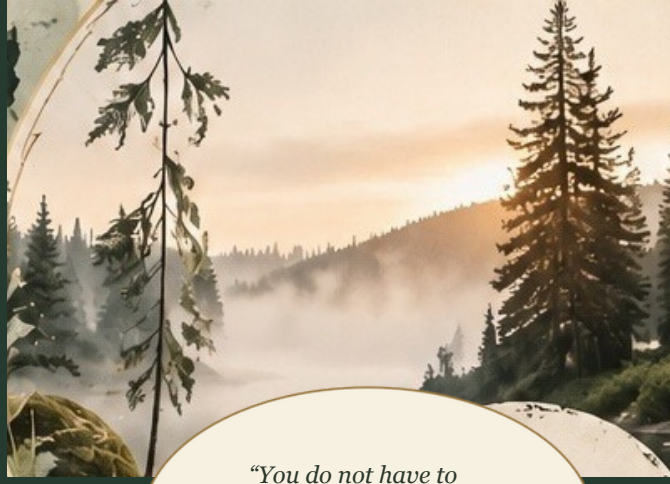
YOU DO NOT HAVE TO SUCCEED.
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MONTH 7
CREATIVITY AND SELF-EXPRESSION

WEEK 2

Creative experiment

Do something without ready-made rules.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose a small creative activity, such as drawing, painting, writing or music.

Set aside a moment for it every day.

Focus on experimenting, not on the result or how good you are at it.

The week's goal

Practise using creativity without performance pressure.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What about the activity felt like you or inspired you?

♡ One insight to take with me

This week I noticed...



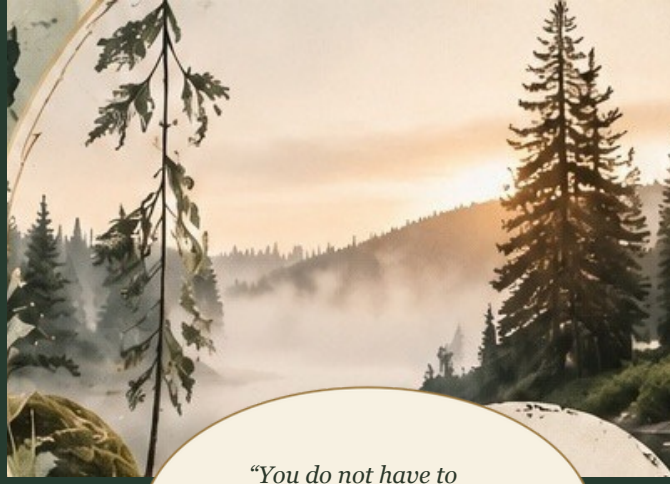
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MONTH 7
CREATIVITY AND SELF-EXPRESSION

WEEK 3

Finding your own voice

Give your voice space.



"You do not have to change anything. It is enough to notice."

The week's exercise

For 5–10 minutes each day, experiment with using your voice: hum, sing, read aloud or try a gentle vocal exercise.

Choose a way that feels natural and comfortable to you.

The week's goal

Strengthen self-expression through your voice and your own presence.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

How did it feel to give your voice more space?

♡ One insight to take with me

This week I noticed...



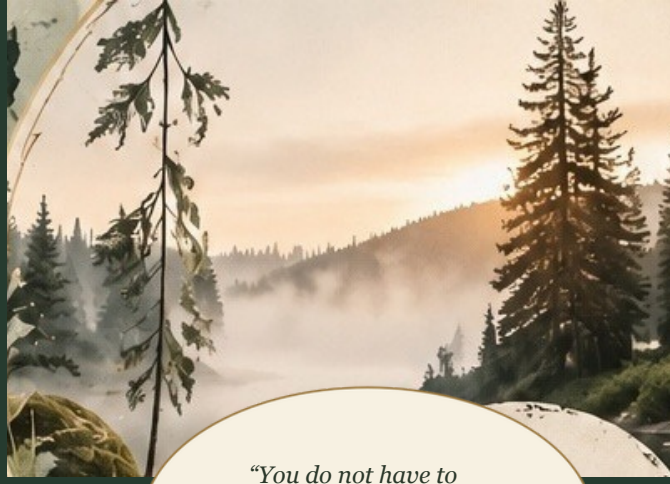
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MONTH 7
CREATIVITY AND SELF-EXPRESSION

WEEK 4

Nature-inspired creativity

Let your surroundings inspire you.



"You do not have to change anything. It is enough to notice."

The week's exercise

Spend time in nature and choose a colour, shape, sound or atmosphere from your surroundings as inspiration.

Write, draw, photograph or create something based on it.

You can also do the exercise from a window or your yard.

The week's goal

Combine creative expression with observing nature.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What in nature awakened thoughts or creativity in you?

♡ One insight to take with me

This week I noticed...

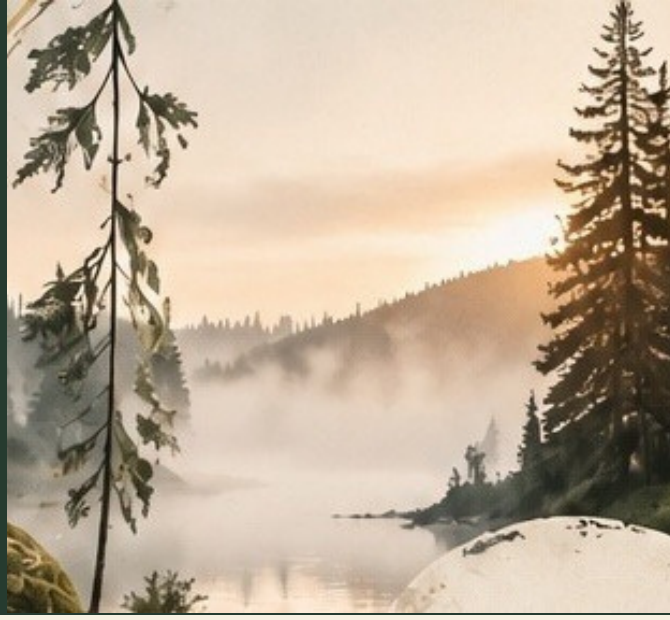


YOU DO NOT HAVE TO SUCCEED.
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MONTH 8

BALANCE AND CALMING DOWN

Balance and calming down



This month invites you to look at the rhythm of everyday life and where your time and energy go.

Balance does not mean that all areas of life are equally well under control every day.

It means noticing your own situation and making small changes where possible.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Making time for yourself in everyday life	Mindful walking	Reviewing balance	Gentle movement and stretching

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



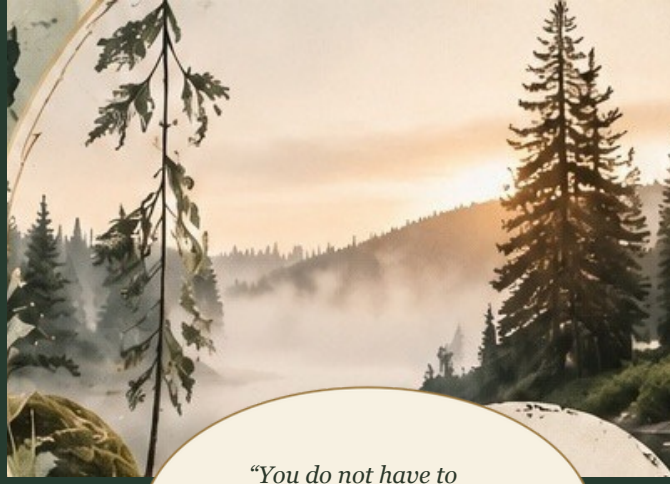
YOU DO NOT HAVE TO SUCCEED.
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MONTH 8
BALANCE AND CALMING DOWN

WEEK 1

Making time for yourself in everyday life

Set aside a small moment for yourself.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about 15 minutes of your own time every day.

Do something that helps you recover or hear your own thoughts.

If the day is busy, a shorter moment is enough too.

The week's goal

Practise making space for yourself in the middle of everyday life.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What helped you protect your own time?

♡ One insight to take with me

This week I noticed...



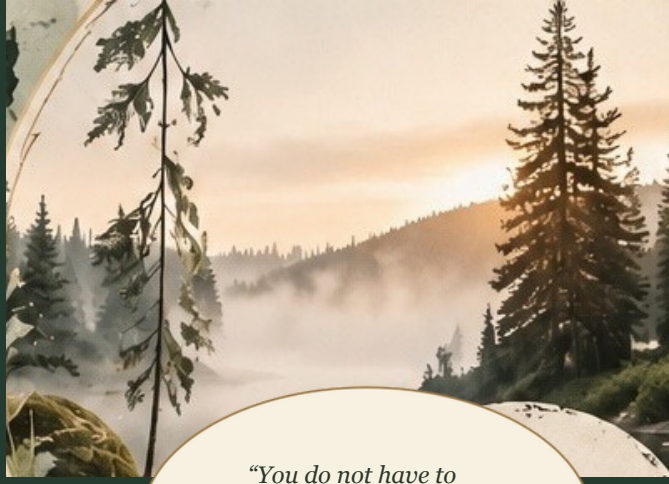
YOU DO NOT HAVE TO SUCCEED.
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MONTH 8
BALANCE AND CALMING DOWN

WEEK 2

Mindful walking

Slow down to the rhythm of your steps.



"You do not have to change anything. It is enough to notice."

The week's exercise

Walk for about 15 minutes each day at your own pace.

Pay attention to your steps, breathing and the sensations around you.

You do not need to walk quickly or reach a particular place – you can focus on the walking itself.

The week's goal

Practise calming down and being present through movement.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did you notice when you focused on walking?

♡ One insight to take with me

This week I noticed...



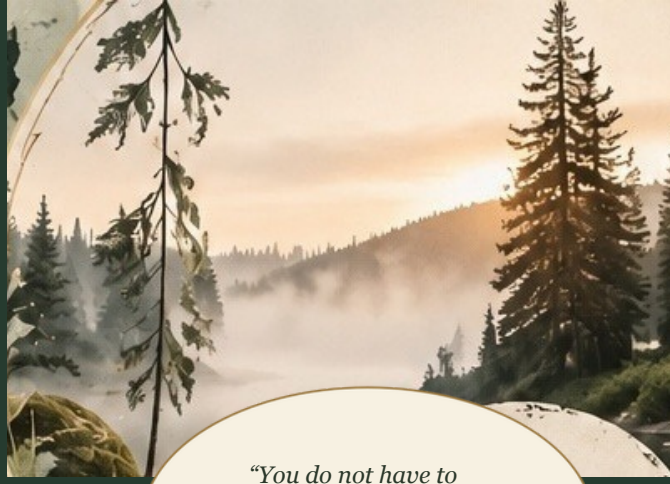
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MONTH 8
BALANCE AND CALMING DOWN

WEEK 3

Reviewing balance

Where is your energy going right now?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write down the most important areas of your life, such as work, family, relationships, rest and free time.

Reflect on where you experience balance and where you would like a change.

Choose one small, realistic experiment for the following week.

The week's goal

Recognise the areas of everyday life that create strain and those that support your resources.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

Where would you like to make a little more room or create more balance?

♡ One insight to take with me

This week I noticed...



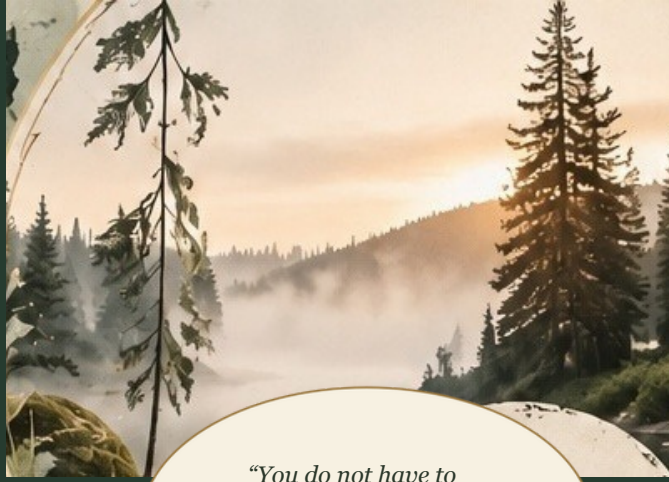
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MONTH 8
BALANCE AND CALMING DOWN

WEEK 4

Gentle movement and stretching

Give your body permission to calm down.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about ten minutes each day for gentle stretching or yoga that suits you.

Listen to your body and do only movements that feel good.

Calm breathing or a moment of rest is fine too.

The week's goal

Support calm in your body and mind.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What helped you calm down this week?

♡ One insight to take with me

This week I noticed...

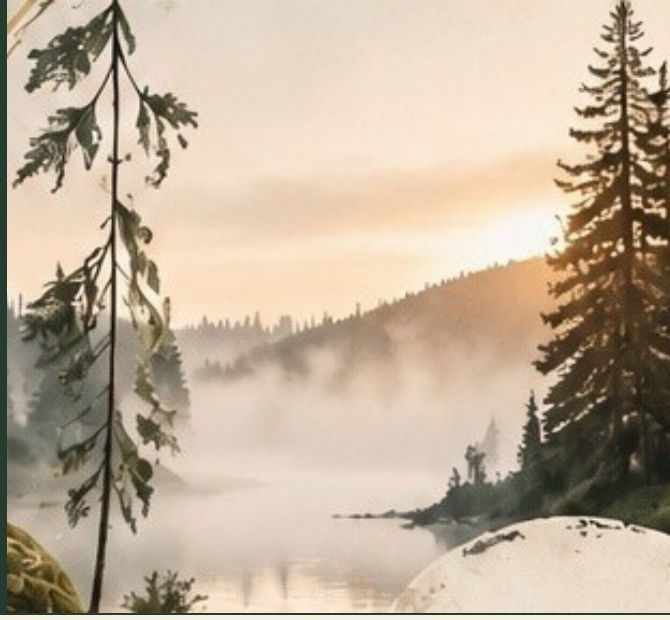


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MONTH 9

INNER STRENGTH AND SELF-CONFIDENCE

Inner strength and self-confidence



This month, you will explore what your self-confidence is built on and what kind of courage you want to strengthen.

Self-confidence does not mean being fearless.

It can also mean acting for something important despite uncertainty and learning from your experiences.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sources of self-confidence	A moment of inner strength	Facing a challenge	Self-confidence in everyday life

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



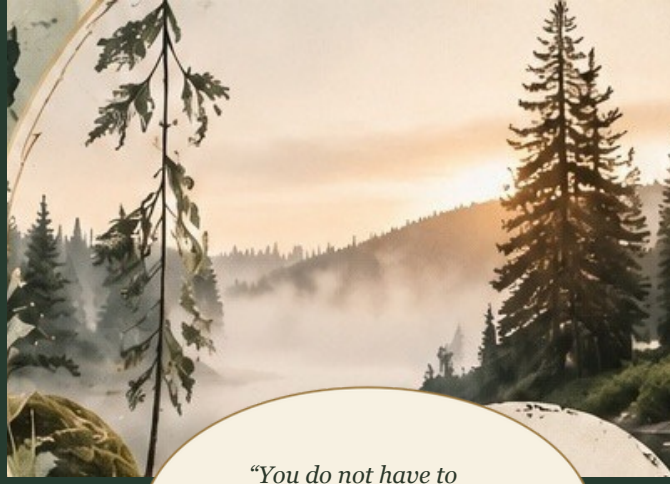
YOU DO NOT HAVE TO SUCCEED.
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MONTH 9
INNER STRENGTH AND SELF-CONFIDENCE

WEEK 1

Sources of self-confidence

When do you feel that you are in your own power?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write about situations in which you feel confident or are able to act as yourself.

Reflect on what helps you in these situations: preparation, skills, people or something else.

Notice the small successes too.

The week's goal

Recognise the sources of your self-confidence and your own strengths.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

In what situation did you notice your own skills or strength?

♡ One insight to take with me

This week I noticed...



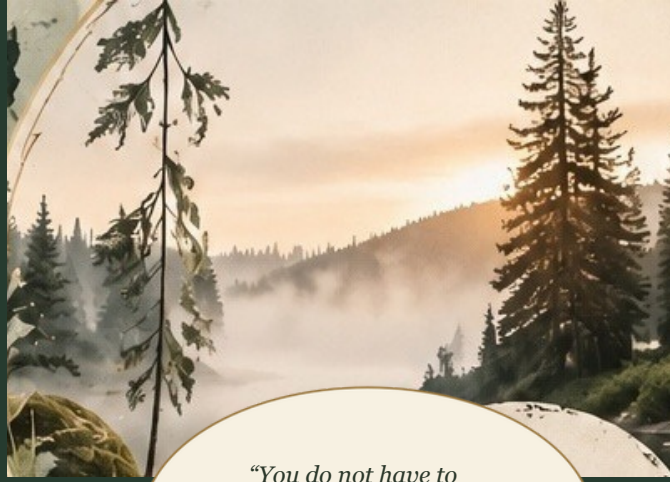
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MONTH 9
INNER STRENGTH AND SELF-CONFIDENCE

WEEK 2

A moment of inner strength

Remember what you already carry within you.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about ten minutes each day for a quiet exercise.

Remember a situation in which you got through something difficult or acted in accordance with your values.

Breathe calmly and notice what this experience tells you about yourself.

The week's goal

Strengthen your connection with your own resources and self-confidence.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

Which personal quality do you want to remember even in challenging moments?

♡ One insight to take with me

This week I noticed...



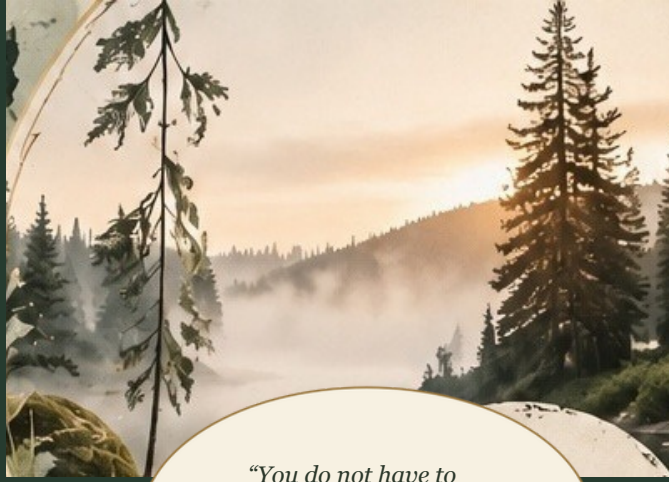
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 9
INNER STRENGTH AND SELF-CONFIDENCE

WEEK 3

Facing a challenge

Remember what you already carry within you.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one thing or situation you have been avoiding and that feels important for you to face.

Break it into small steps and choose the first possible action.

Proceed at your own pace and ask for support if needed.

The week's goal

Practise courage and taking concrete steps towards an important goal.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

What step did you take, or what did you learn from preparing?

♡ One insight to take with me

This week I noticed...



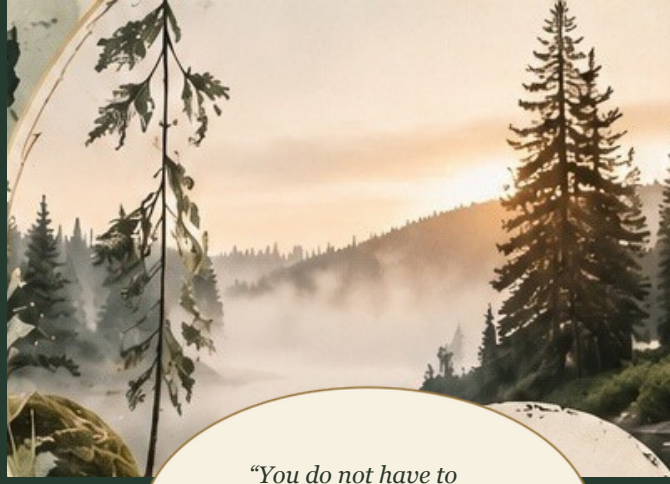
YOU DO NOT HAVE TO SUCCEED.
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MONTH 9
INNER STRENGTH AND SELF-CONFIDENCE

WEEK 4

Self-confidence in everyday life

Practise trusting yourself.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one small situation each day in which you practise acting with a little more self-confidence.

You can express your opinion, make a decision, ask for what you need or kindly say no.

Notice how it feels to act this way.

The week's goal

Bring self-confidence into concrete everyday situations.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

In what situation did you stand up for yourself this week?

♡ One insight to take with me

This week I noticed...

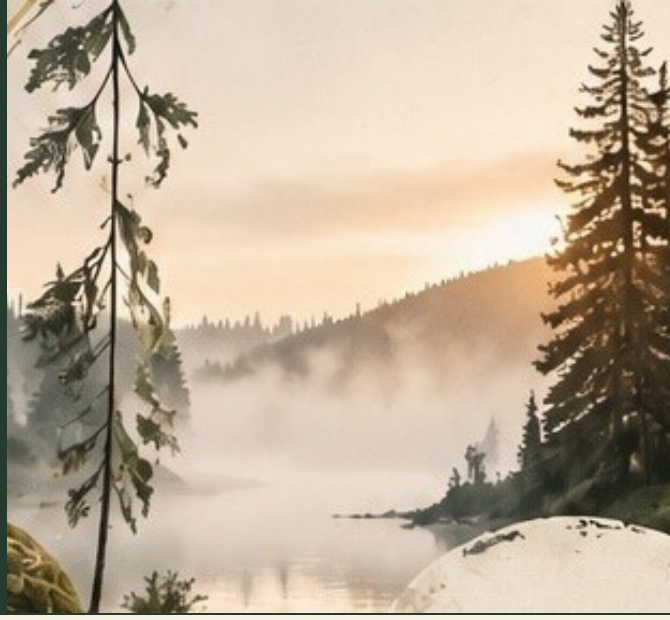


YOU DO NOT HAVE TO SUCCEED.
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MONTH 10

SELF-KNOWLEDGE AND INTUITION

Self-knowledge and intuition



This month, you will deepen your understanding of your identity, values and inner feelings.

Intuition can be considered one source of personal experience:
alongside it, there is room for knowledge, careful consideration and facts.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Self-reflection	Listening to decisions	Dreams and images	Quieting down and the inner voice

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



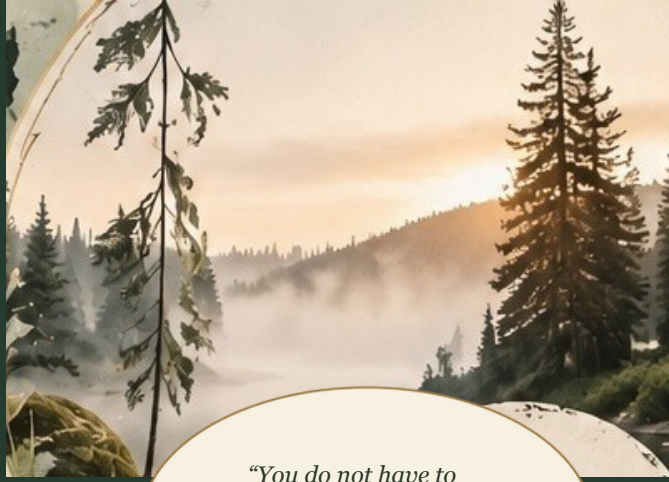
YOU DO NOT HAVE TO SUCCEED.
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MONTH 10
SELF-KNOWLEDGE AND INTUITION

WEEK 1

Self-reflection

Who are you right now?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write for about ten minutes each day.

You can consider these questions: Who am I? Which values are most important to me? When do I feel like myself?

Do not aim for one final answer; simply observe your thoughts.

The week's goal

Deepen your understanding of your identity and values.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

Which question stayed with you?

♡ One insight to take with me

This week I noticed...



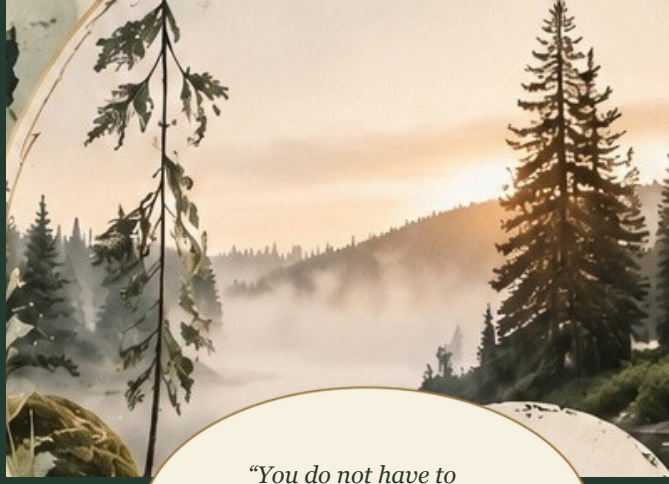
YOU DO NOT HAVE TO SUCCEED.
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MONTH 10
SELF-KNOWLEDGE AND INTUITION

WEEK 2

Listening to decisions

Notice how the options feel.



"You do not have to change anything. It is enough to notice."

The week's exercise

When you make small decisions during the week, pause for a moment to notice your own reaction.

What do you feel about the different options? What do you hope for or fear?

Combine your feelings with practical information and careful consideration before making a decision.

The week's goal

Practise listening to yourself when making decisions.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did you learn about the way you make decisions?

♡ One insight to take with me

This week I noticed...



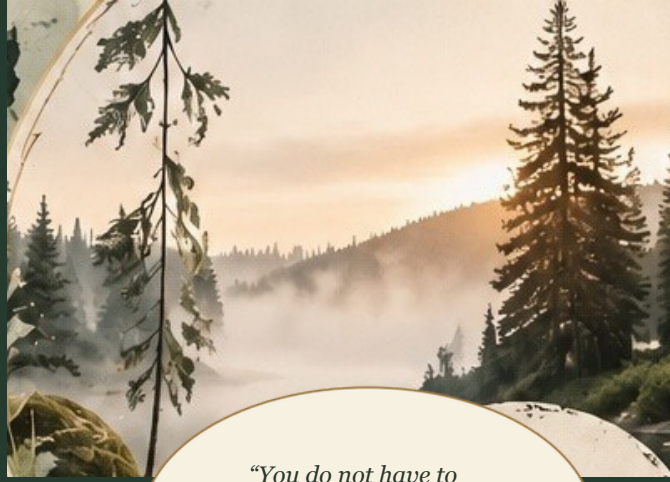
YOU DO NOT HAVE TO SUCCEED.
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MONTH 10
SELF-KNOWLEDGE AND INTUITION

WEEK 3

Dreams and images

Write down what stays in your mind.



"You do not have to change anything. It is enough to notice."

The week's exercise

If you remember your dreams, write down their atmosphere, events or a detail that stayed with you in the morning.

Reflect on whether they bring up thoughts about your current life.

You do not need to find one correct interpretation for your dreams.

The week's goal

Practise looking at your inner world with curiosity.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

Which feeling or theme from your dreams or images stayed in your mind?

♡ One insight to take with me

This week I noticed...



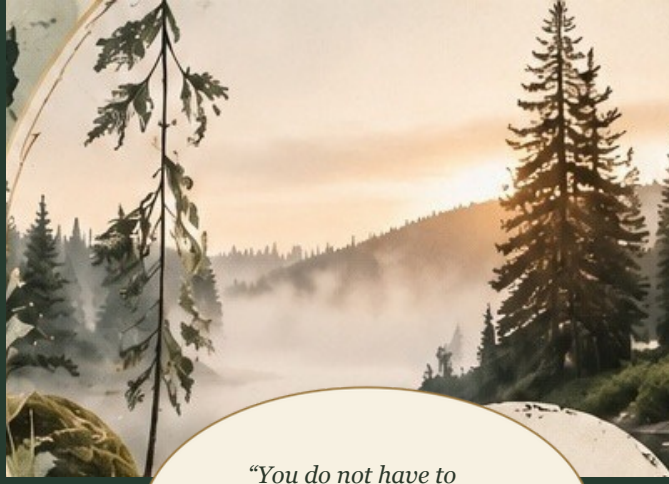
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MONTH 10
SELF-KNOWLEDGE AND INTUITION

WEEK 4

Quieting down and the inner voice

Listen calmly to what is moving within you.



"You do not have to change anything. It is enough to notice."

The week's exercise

Set aside about ten minutes each day for silence or meditation.

Direct your attention to your breathing and your own thoughts.

Notice what feels important, but also give yourself time to consider your thoughts calmly.

The week's goal

Strengthen your ability to pause and pay attention to your own feelings.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What did you notice when you gave yourself a quiet moment?

♡ One insight to take with me

This week I noticed...

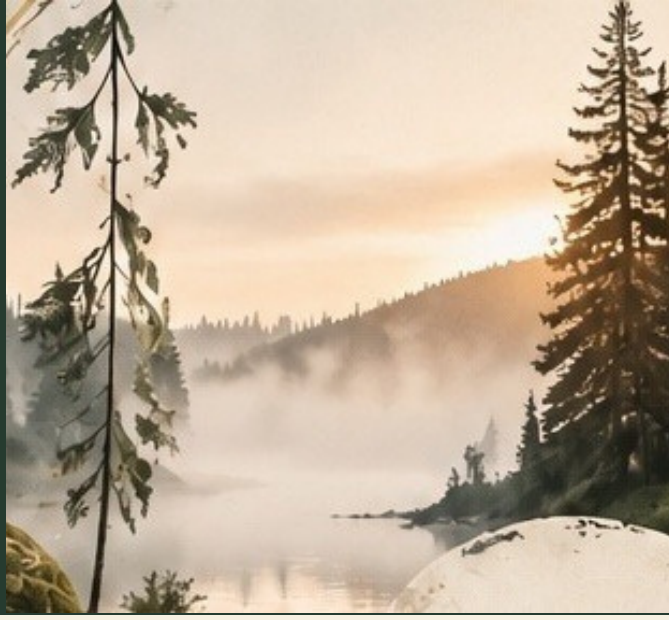


YOU DO NOT HAVE TO SUCCEED.
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MONTH 11

COMMUNITY AND MEANINGFUL RELATIONSHIPS

Community and meaningful relationships



This month, the focus shifts to connection with other people.

You will reflect on who walks alongside you, which encounters are meaningful to you and how you can strengthen connection through small actions.

Remember, too, that relationships need to leave room for your own boundaries and needs.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Your support network	Deepening connection	A sense of community	Gratitude for relationships

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



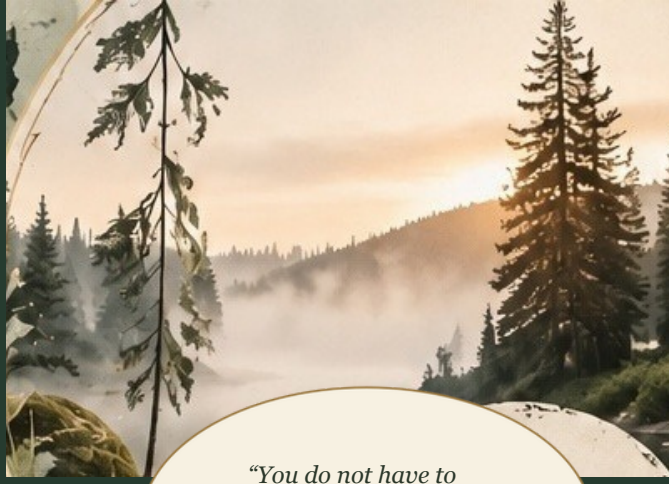
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 11
COMMUNITY AND MEANINGFUL RELATIONSHIPS

WEEK 1

Your support network

Who is important to you?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write down people you can turn to in different situations.

Think about what kind of support you receive from different people and to whom you offer support yourself.

If your network feels small, also consider places where you could find new connections.

The week's goal

Recognise your support network and its importance in your life.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

Whose support do you particularly appreciate?

♡ One insight to take with me

This week I noticed...



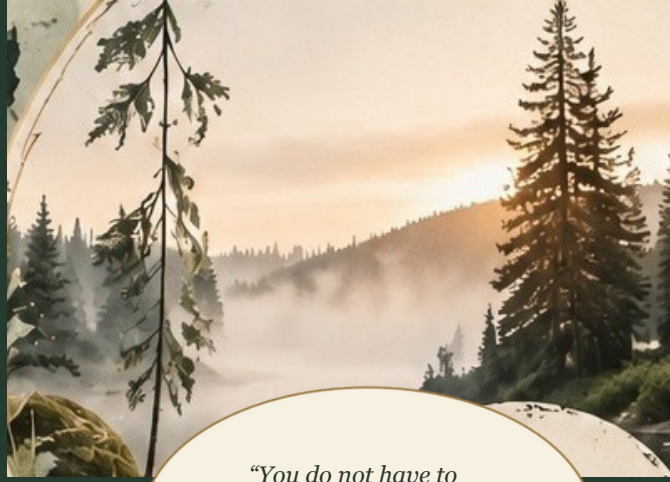
YOU DO NOT HAVE TO SUCCEED.
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MONTH 11
COMMUNITY AND MEANINGFUL RELATIONSHIPS

WEEK 2

Deepening connection

Make time for an important encounter.



"You do not have to change anything. It is enough to notice."

The week's exercise

Choose one relationship you would like to strengthen.

Get in touch and arrange a moment for a conversation or a shared activity.

Listen, ask questions and also share your own thoughts as much as feels natural.

The week's goal

Strengthen your connection with someone important to you.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What made the encounter meaningful?

♡ One insight to take with me

This week I noticed...



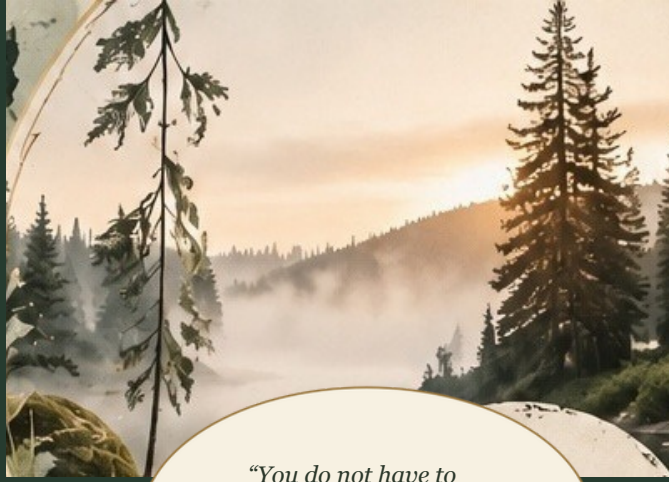
YOU DO NOT HAVE TO SUCCEED.
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MONTH 11
COMMUNITY AND MEANINGFUL RELATIONSHIPS

WEEK 3

A sense of community

Make room for spending time together.



"You do not have to change anything. It is enough to notice."

The week's exercise

Take part in a shared event, meet people close to you or arrange a small get-together.

You can also do something for the benefit of your community.

Choose a way that suits your current energy levels.

The week's goal

Notice the importance of spending time together and having a sense of community.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

If you wish, you can note the time.

Pause and reflect

When did you feel that you belonged or were connected to others?

♡ One insight to take with me

This week I noticed...



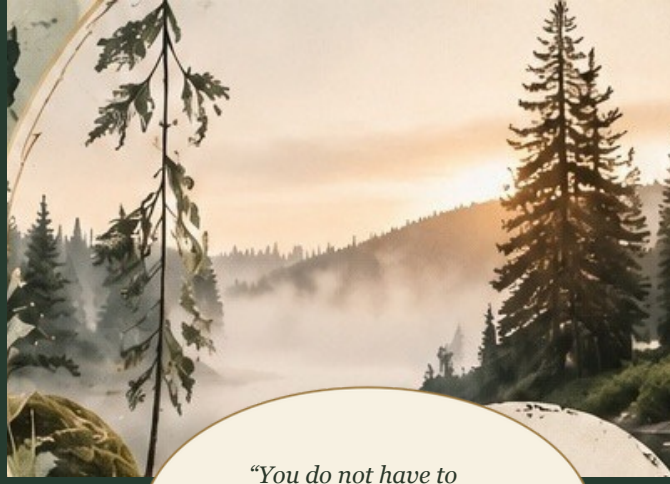
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MONTH 11
COMMUNITY AND MEANINGFUL RELATIONSHIPS

WEEK 4

Gratitude for relationships

Tell someone that you appreciate them.



"You do not have to change anything. It is enough to notice."

The week's exercise

Write a message or letter to someone you appreciate.

Tell them specifically what you are grateful for or what their actions have meant to you.

You can send the message or keep it as a personal reflection.

The week's goal

Strengthen the expression of appreciation and gratitude in relationships.

Daily pauses

Mark the day when you paused to do the exercise.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

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Pause and reflect

When did you feel that you belonged or were connected to others?

♡ One insight to take with me

This week I noticed...

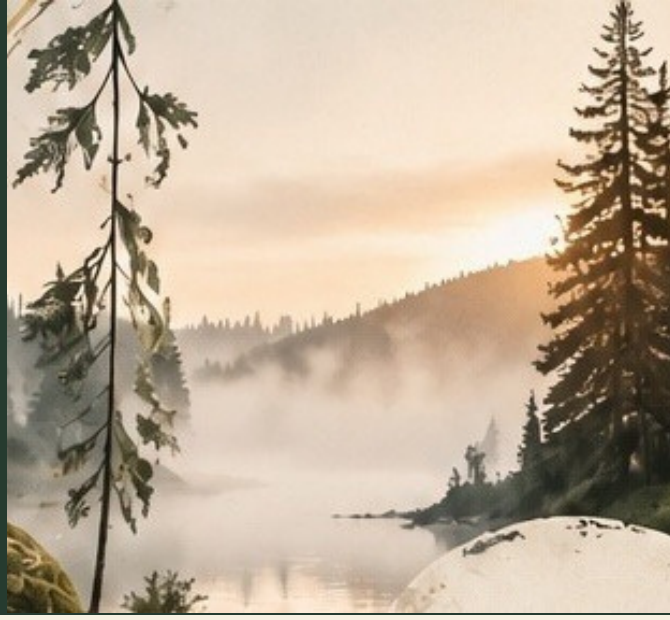


YOU DO NOT HAVE TO SUCCEED.
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MONTH 12

REFLECTION AND A NEW DIRECTION

Reflection and a new direction



The final month invites you to look back and then turn your gaze towards the future.

You do not need to evaluate the year in terms of successes or failures.

You can notice what you have learned, what you want to hold on to and what you want to make room for next.

The path for this month

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Lessons from the year	A new direction	Making dreams visible	Letting go and a new beginning

Pause before you begin

What do you hope for this month? What would you like to pay attention to?

♡ Reminder

You do not have to change everything at once.



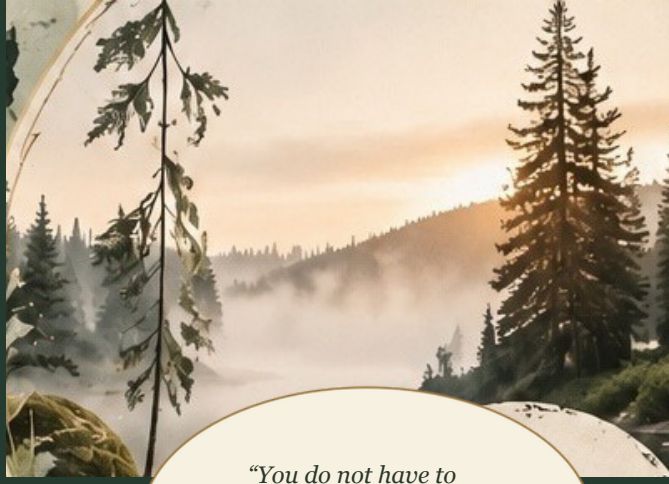
YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

MONTH 12
REFLECTION AND A NEW DIRECTION

WEEK 1

Lessons from the year

What have you learned?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write down the successes, important moments and lessons you have experienced during the year.

This can also include things that were difficult but taught you something.

Reflect on how you have changed or what you now understand better.

The week's goal

Recognise the growth and learning that have taken place during the year.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What are you proud of about yourself, or what do you want to thank yourself for?

♡ One insight to take with me

This week I noticed...



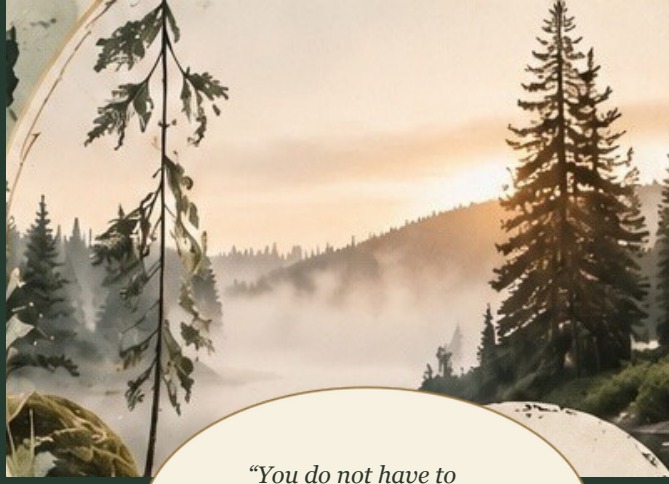
YOU DO NOT HAVE TO SUCCEED.
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MONTH 12
REFLECTION AND A NEW DIRECTION

WEEK 2

A new direction

What do you want to make room for?



"You do not have to change anything. It is enough to notice."

The week's exercise

Reflect on the areas of life in which you would like a change, more time or a new direction.

Choose one or two goals that feel meaningful.

Also write down the first small step you can take.

The week's goal

Clarify your hopes and goals for the time ahead.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What is one thing you want to cherish in the coming year?

♡ One insight to take with me

This week I noticed...



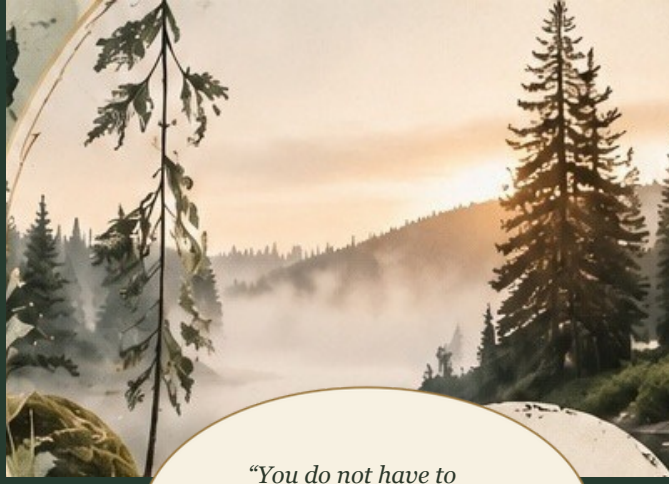
YOU DO NOT HAVE TO SUCCEED.
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MONTH 12
REFLECTION AND A NEW DIRECTION

WEEK 3

Making dreams visible

Give shape to your goals.



“You do not have to change anything. It is enough to notice.”

The week’s exercise

Create a board, collage, drawing or digital collection that illustrates your goals and dreams for the coming year.

Choose images, words and colours that remind you of what is important.

Keep your vision board in a form that inspires you rather than adding performance pressure.

The week’s goal

Make your wishes visible and create a source of inspiration for them.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

Which image, word or thought best describes your direction?

♡ One insight to take with me

This week I noticed...



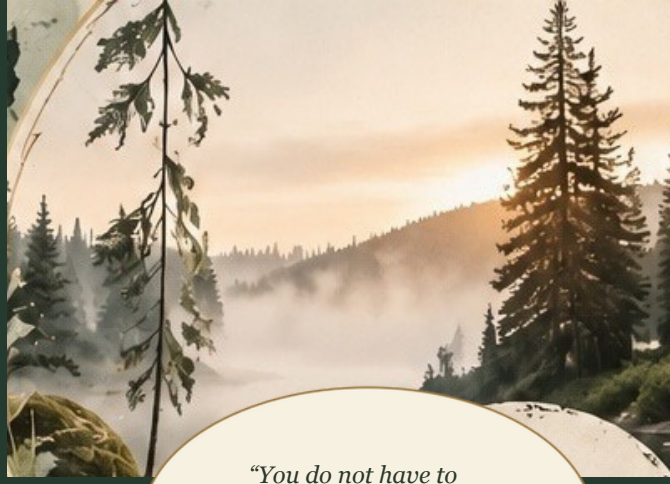
YOU DO NOT HAVE TO SUCCEED.
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MONTH 12
REFLECTION AND A NEW DIRECTION

WEEK 4

Letting go and a new beginning

What do you not want to carry with you?



"You do not have to change anything. It is enough to notice."

The week's exercise

Write about things, habits or thoughts that you would gradually like to let go of.

You can tear up the paper or do another symbolic ritual that suits you.

At the same time, choose one thing you want to take with you into the new year.

The week's goal

Make room for something new and end the year mindfully.

Daily pauses

Mark the day when you paused to do the exercise.

MON	TUE	WED	THU	FRI	SAT	SUN
○	○	○	○	○	○	○

If you wish, you can note the time.

Pause and reflect

What do you want to let go of, and what do you want to take with you?

♡ One insight to take with me

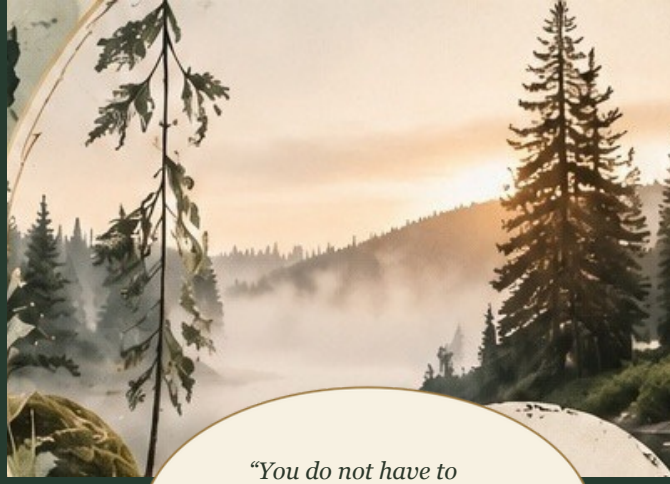
This week I noticed...



YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.

What will you take with you?

During the year, you have explored many different themes.
Pause for a moment and look at what you want to take with you from this journey.



"You do not have to change anything.
It is enough to notice."

What have I learned about myself?

What has changed in the way I relate to myself or my everyday life?

Which exercise or theme stayed with me in particular?

What do I want to make room for next?

Thank you for taking the time to pause and turn your attention towards yourself. Change does not always show up in big leaps. Sometimes it begins when you notice one thing a little more clearly than before.



YOU DO NOT HAVE TO SUCCEED.
IT IS ENOUGH TO PAUSE.