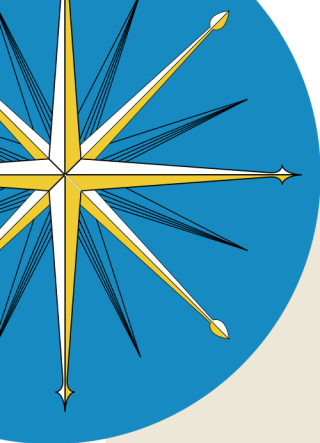




THE MIDDLES



2023-2024

CHARTING A
PATH
FOR THE YEAR AHEAD



A FEW NOTES ON THIS BOOKLET.....

THE MIDDLES



HI THERE. I'VE MADE THIS BOOKLET AND LET
FOLKS HAVE IT FOR FREE FOR YEARS.

WHY? I'VE FOUND IT SETS ME UP FOR A
THOUGHTFUL YEAR AHEAD.

I USED THE YEARCOMPASS FOR SOME TIME BEFORE
I FOUND MYSELF ASKING, AND ANSWERING OTHER
QUESTIONS, PARTICULARLY ABOUT VALUES, A
TENANT OF HOW I LEAD AND SOMETHING I'VE
LEARNED CHANGES OVER TIME.

I HOPE YOU FIND THIS PROCESS HELPFUL.

HOW TO USE THIS BOOKLET:

THIS BOOKLET IS SET UP TO BE PRINTED AND
REGULAR PRINTER PAPER AND FOLDED IN HALF.
YOU CAN ALSO DIGITALLY FILL OUT THE PDF.

SET ASIDE AN HOUR, MAYBE TWO, POUR A GLASS
OF WINE OR MAKE YOUR FAVORITE DRINK, TURN
ON SOME MUSIC.

IT HELPS IF YOU HAVE YOUR CALENDAR OR
JOURNAL FROM THE PAST YEAR HANDY.

COME BACK TO IT THROUGH THE YEAR.EVEN
BETTER, SAVE OVER TIME AND SEE HOW YOU'VE
GROWN



INSPIRED BY THESE YEAR-IN-REVIEW TOOLS:

- YEAR COMPASS
- INK + VOLT
- EMILY JEFFORD'S CREATIVE GOAL SETTING
- ERIDITA'S NEW YEAR, FRESH HORIZONS
- MYWAY YEAR PLANNING

2023 IN REVIEW



GO THROUGH LAST YEAR'S NOTES, CALENDARS AND NOTEBOOKS.
WRITE DOWN EVENTS AND ACCOMPLISHMENTS, WHETHER BIG OR
LITTLE. WHAT GOES IN THE TIME CAPSULE FOR YOUR FUTURE SELF?



THE BEST AND MEMORABLE



JOT THESE DOWN AND COME BACK TO THEM AS YOU FILL OUT THE REST OF THE BOOKLET TO ADD ANYTHING YOU MISSED THE FIRST TIME AROUND.

MOST MEMORABLE MOMENT

BEST PURCHASE

BIGGEST SURPRISE

WHAT I LEARNED ABOUT ME

BIGGEST RISK

WHAT HELPED ME GET HERE

2023 IN REVIEW

Where did I find flow this year?

One thing that went better than expected was...

What goals did I have? Did I achieve them?

WHAT ARE THREE THINGS THAT WENT WELL THIS YEAR?

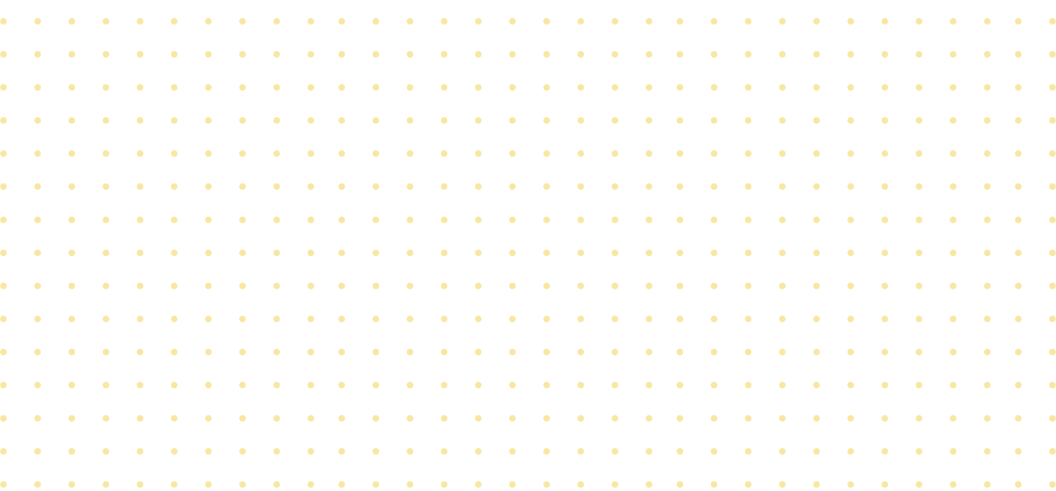


1

2

3

WHAT THINGS DID I WANT TO HAPPEN, BUT DIDN'T?
WHY DID IT END UP THAT WAY?



LETTING GO



WHAT DID I FIND WASTEFUL?

HOW WILL I ADJUST? WHAT
WILL I DO INSTEAD?

WHAT DO I MISS FROM THE PAST
AND WANT TO BRING BACK?

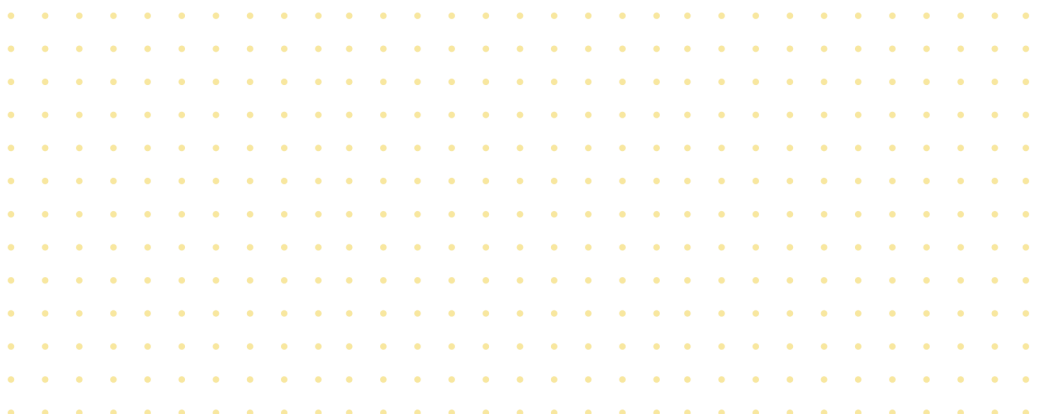
HOW WILL I MAKE TIME FOR
THAT?

WHAT NEEDS TO BE FORGIVEN?

HOW WILL I SHOW FORGIVENESS
OR GRACE?

WHAT ELSE NEEDS TO BE LET GO?

Whether a person, a feeling, a grudge, whatever there are things that have to be left behind. A space for anything not captured above.



MOVING FORWARD

TAKE A DEEP BREATH AND THINK ABOUT ALL THAT IS YET TO COME.



What do I want to learn (or unlearn)?

What am I excited or anxious for?

Where can I find space for myself?

WHAT COMES IN THE SUITCASE?

Imagine you can only bring so many things with you into the next year. What is in your packing list? What is on your shopping list? What do you need for the journey ahead?



VALUES



THE MIDDLES

CIRCLE THE VALUES THAT MATTERED TO YOU LAST YEAR. MARK NEW ONES YOU'D LIKE TO CULTIVATE THIS YEAR. IT'S OK IF SOME ARE THE SAME (OR DIFFERENT!) BETWEEN YEARS. THERE'S ROOM FOR ANY THAT AREN'T IN THIS LIST.

AUTHENTICITY	DISCOVERY	JUSTICE	REPUTATION
ACHIEVEMENT	EXPLORATION	KINDNESS	RESPECT
ADVENTURE	FAIRNESS	KNOWLEDGE	RESPONSIBILITY
AUTHORITY	FAITH	LEADERSHIP	SELF-RESPECT
AUTONOMY	FAME	LEARNING	SERVICE
BALANCE	FRIENDSHIPS	LOVE	SIGNIFICANCE
INNOVATION	FUN	LOYALTY	SIMPLICITY
BOLDNESS	GRACE	MEANINGFUL WORK	SPIRITUALITY
COMPASSION	GRATITUDE	OPENNESS	STABILITY
CHALLENGE	GROWTH	OPTIMISM	SUCCESS
TOUGHNESS	HAPPINESS	PEACE	TRADITION
COMMUNITY	HONESTY	PLEASURE	TRUSTWORTHY
COMPETENCY	HOPE	POISE	TRUTH
CONNECTION	HUMOR	POPULARITY	UNDERSTANDING
CONTRIBUTION	INDEPENDENCE	RECOGNITION	VULNERABILITY
CREATIVITY	INFLUENCE	RELIABILITY	WEALTH
CURIOSITY	INNER HARMONY	REPRESENTATION	WISDOM
DETERMINATION			



MY PEOPLE



WHO DO I NEED TO CONNECT
WITH MORE?

WHO AM I GRATEFUL FOR? DO
THEY KNOW?

WHO AM I INSPIRED BY? WHO DO I HOPE TO INSPIRE?

WHO ARE THE MOST IMPORTANT PEOPLE IN MY LIFE? WHAT WILL I DO
THIS YEAR TO IMPROVE THOSE RELATIONSHIPS?

A large grid of yellow dots for writing.

PARTS OF YOUR WHOLE



WHERE DO YOU WANT THESE PARTS OF YOUR LIVES TO BE IN THE NEXT YEAR? THINK ABOUT THE NEXT THREE, SIX, NINE OR 12 MONTHS.

PERSONAL

Gratitude | Mindfulness | Home

FINANCIAL

SOCIAL

Family | Friends | Community

WORK

Success | Productivity | Innovation

GROWTH

Creativity | Giving Back | Inspiration

HEALTH

TOOLS AND MATERIALS



THINGS ARE PART OF OUR LIVES. THINK ABOUT MATERIAL ITEMS YOU TREASURE OR WANT TO TRY THIS YEAR. IN EACH BOX LIST EXAMPLES AS WELL AS PLANS.

BOOKS

PLACES

TOOLS

Apps | Physical tools | Services

TECHNIQUES

Productivity | Mindfulness | Skills

TREASURES

Significant items | People | Gifts

ART

SMALL PLANS

WHAT ARE THREE THINGS THAT I WANT TO DO THIS YEAR?



1

2

3

Three ways I will reward and take care of myself

Three places (physical or otherwise) I want to see this year

Three words that describe how I want to feel in this next year

A START ON THE DETAILS



USE THIS SPACE TO START PLANNING FOR THE "HOW." JUST JOT
DOWN IDEAS. LITERAL GOAL PLANNING CAN COME LATER.

A large grid of small yellow dots for planning details.

LOOKING AHEAD



ANSWER WITH YOUR HEART, AND TRY NOT TO OVERTHINK WHAT IS HAPPENING.

DRAW, WRITE, WHATEVER MAKES SENSE TO VISUALIZE.

I WILL CREATE TIME FOR...

MY CURRENT CHAPTER IS...

(What will your next chapter be?)

WHAT ADVENTURE IS NEXT?

Habits | Places | Risks

WHAT GIVES ME JOY?

Success | Productivity | Innovation

NEW STUFF I WANT ...

Things | Hobbies | Strategies | Mindsets

NEW RITUALS, HABITS &

EXPERIENCES THIS YEAR....

GET TO THE THEME

WHAT (OR WHO) IS MOST
IMPORTANT THIS YEAR?

WHAT BUCKET LIST ITEMS ARE
TOP OF MIND?

HOW WILL MY INNER AND OUTER
SELF BE DIFFERENT NEXT YEAR?

WHAT WORD RISES TO THE TOP?



WHAT IS THE THEME?

Here, draw and visualize what you think your theme is this year. Review all the past pages and jot down ideas you see pop up over and over. Mine are often a word or statement, but never a resolution or goal. What's the big picture for your year? What do you need right now?



Thank you.



I HOPE THIS HELPED YOU CREATE SOME GREAT PLANS FOR THE YEAR AHEAD.

HAVE QUESTIONS?

YOU CAN FIND ME AT
HELLO@KIMBUI.COM

HERE'S TO A YEAR OF MORE GROWTH.
MORE LOVE. MORE JOY. MORE
KINDNESS. MORE SPACE.