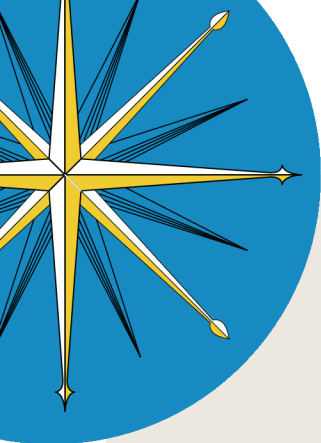




THE MIDDLES

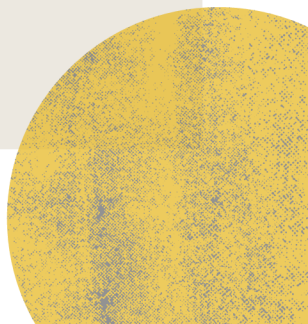


charting a

Path

FOR THE YEAR AHEAD

2024-2025



A few notes on this booklet.....



Hi there. Each year, I make this booklet and offer it to folks free.

Why? I've found it sets me up for a thoughtful year ahead.

This booklet is inspired by many others, chiefly, yearcompass, but is focused around things I find flux over time: values, hopes, and of course, goals.

I hope you find this process helpful.

How to use this booklet:

This booklet is set up to be printed on 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. You can certainly do it with others, make it a party!

It helps if you have your calendar or journal from the past year handy. I often also grab last year's booklet, to see where I was a year ago.

- P. Kim Bui



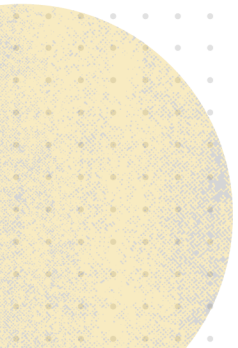
Inspired by these year-in-review tools:

- Year Compass
- Ink + Volt
- Emily Jefford's creative goal setting
- Eridita's new year, fresh horizons
- MyWay Year planning

2024 IN REVIEW



Go through last year's notes, calendars and notebooks. Write down events and accomplishments, whether big or little. What do you want to remember? What goes in the time capsule for your future self?



THE BEST AND MEMORABLE



Now that you've jogged your memory, think about these categories. 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.

Good moments

Biggest achievement

Biggest surprise

What I learned about me

Biggest risk

What helped me get here?

2024 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?

A large grid of small dots for writing.

LETTING GO

What habits do I want to break?

What will I replace it with?

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 or give 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 and do not serve you .

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	Exploration	Joy	Reputation
Achievement	Fairness	Justice	Respect
Adventure	Faith	Kindness	Responsibility
Authority	Fame	Knowledge	Security
Autonomy	Freedom	Leadership	Self-Respect
Balance	Friendships	Learning	Service
Boldness	Fun	Logic	Sincerity
Compassion	Grace	Love	Significance
Challenge	Gratitude	Loyalty	Simplicity
Toughness	Growth	Meaningful Work	Spirituality
Community	Happiness	Openness	Stability
Competency	Honesty	Optimism	Success
Connection	Hope	Peace	Tradition
Contribution	Humility	Pleasure	Trustworthy
Courage	Humor	Poise	Truth
Creativity	Independence	Popularity	Understanding
Curiosity	Influence	Recognition	Vulnerability
Determination	Inner Harmony	Reliability	Wealth
Discovery	Innovation	Representation	Wisdom

A large grid of dots for marking values.

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 small dots for writing notes, spanning the bottom half of the page.

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.

Art and Media

Books | Movies | Shows | Music

Places

Tools

Apps | Physical tools | Services

Techniques

Productivity | Mindfulness | Skills

Treasures

Significant items | Sentimental items | Gifts

Mindsets

Strategies | Philosophies

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 dots for planning details.

LOOKING AHEAD

Answer with your heart, and try not to overthink what is happening. Draw, write, whatever help you visualize and dream.

I will create time for...

My current chapter is...

(What will your next chapter be?)

What adventure is next?

Places | Risks

What gives me joy and energy?

Success | Productivity | Innovation

What is under my control? What isn't?

(Be realistic about what is up to you and what isn't)

New rituals, habits & experiences this year....

GET TO THE THEME

What (or who) is most important this year?

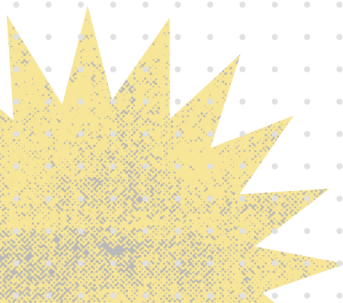
What bucket list items are top of mind?

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.