



# Reflection



*Look back in order  
to live forward.*

.....

HOLSTEE

WELCOME TO

# Reflection

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CLICK TO JUMP  
TO A SECTION!



## GET TOGETHER!

Get the most out of your membership and meet others in the Holstee community at an upcoming member gathering! Learn more and RSVP: [holstee.com/gathering](https://holstee.com/gathering)

# Dear Friends,

We believe that reflection is one of the most valuable tools for learning and growing. That's why this journal has become an annual tradition in the Holstee community.

The pages ahead will help you revisit your **highlights** and **lowlights** from the past 12 months. It will enable you to appreciate, find peace with, and grow from your past experiences.

After that, you will explore each of Holstee's **12 themes** and how you experienced them.

We hope this journal helps make your end-of-year reflection fun, fulfilling, and memorable. Months and years from now you'll be glad you took the time to reflect today.



Mike and Dave Radparvar  
Co-founders, Holstee

## ABOUT US

Holstee offers inspiration and tools to help you live a more meaningful life. Living with intention is an ongoing practice, not a destination. Inspired by this, we've created a range of products to help you on your journey to live both fully and mindfully, including the [Holstee Membership](#), [Reflection Cards](#), and [Reflection.app](#).

Learn more and continue your reflection practice at [Holstee.com](#).

# Where to Begin

This journal is designed to help you think back on the last 12 months, but that doesn't mean you need to wait until the end of the calendar year to work through it. Start after a big life milestone, or whenever feels right for you! Here are a few tips to get you started:



## TREAT YOURSELF

Grab your favorite pens, prepare your favorite beverage, and put on your favorite album. **Do what feels right for you.**



## MAKE TIME

**Give yourself time and space to go through the journal.**

You can fly through it in one sitting, or maybe you'll take a whole month (or longer!). This is your time.



## BE GENTLE

Remember: the past is the past.

**Observe and try not to judge.**



## DIG DEEP

**Be honest with yourself, even if it hurts.**

The deeper you dig, the more you'll learn.



## IT'S UP TO YOU

Read all instructions and choose which to follow.

**Make it work for you.**

# Looking Back

Take stock of what actually happened this year, starting with the first month of your reflection period. **Look through your planner, journal, and photos to identify your highlights and lowlights.**

## MONTH 1

 **Highlights**

 **Lowlights**

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## MONTH 2

 **Highlights**

 **Lowlights**

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## MONTH 3

 **Highlights**

 **Lowlights**

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## MONTH 4

 **Highlights**

 **Lowlights**

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### THOUGHT STARTERS:

Where did you travel this year? What changed in your relationships, work, or passion projects?

## MONTH 5



## Highlights



 **Lowlights**

## MONTH 6



## Highlights



### Lowlights

## MONTH 7

### Highlights

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### Lowlights

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## MONTH 8

### Highlights

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### Lowlights

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#### THOUGHT STARTERS:

If you learned a new skill or took up a new hobby this year, don't forget to add it as a highlight!



## MONTH 9



## Highlights



 **Lowlights**

## MONTH 10



## Highlights



### Lowlights

## MONTH 11

 **Highlights**

 **Lowlights**


## MONTH 12

 **Highlights**

 **Lowlights**


### NOW, REFLECT!

Are you noticing any patterns? Did your highs or lows generally involve certain people in your life? Any specific activities?

# Superlatives

*What were some of your favorite experiences this year?*



**Song:**



**Book:**



**Movie or Show:**



**Meal:**

**Place Visited:**

**Object:**

What inspired you this year?

**This year my biggest challenge was:**

**This year my biggest accomplishment was:**

If my last twelve months were a book, the **title** would be:

# Intention

*Our thoughts lead to actions. Our actions create our experiences.  
Our experiences define our character.*

Think back to any goals you set for yourself during the course of the year. Take a moment to reflect on how you did with each of them.

**GOAL 1:** .....

**How did you do with this goal?**



1

2

3

4

5

6

7

8

9



**How did your striving for this goal play out this year?**

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**GOAL 2:** .....

**How did you do with this goal?**



1

2

3

4

5

6

7

8

9



**How did your striving for this goal play out this year?**

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.....

.....

**GOAL 3:** \_\_\_\_\_

### How did you do with this goal?



**How did your striving for this goal play out this year?**

**What obstacles or challenges (big or small) did you face with these goals?**

## What helped push you forward?

# Kinship

*Experience your own light by seeing it in others.*

**Who are you most grateful for this year? Why?**

GO FURTHER.

Take a moment to tell this person how grateful you are for them!

## Which relationships in your life remained **rock-solid** this year?

Which relationships **grew** the most?

### Which relationships need more attention?

Describe **one moment** when the people you were with made all the difference. How did you feel?

When was someone a **true friend** to you this year?

“ *Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.* ”



# Wellness

*Wellness is all-encompassing. Holistic care allows your body, mind, and spirit to find harmony.*

In this section we will review six areas of your life.

Mark on the diagram the frequency with which you experienced each dimension of wellness this year.

**Choose from 1 (never) to 5 (frequently).**



**Love:** I nourish and am nourished by the people in my life.

**Why did you choose this score?**

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.....



**Play:** I make time for activities that spark joy in me.

**Why did you choose this score?**

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**Mind:** I am aware of my emotions. I engage in creative and stimulating activities.

**Why did you choose this score?**

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**Body:** I am physically active, eat mostly whole foods, and prioritize my sleep.

**Why did you choose this score?**

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**Soul:** I feel a sense of awe and connection to the world around me.

**Why did you choose this score?**

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**Work:** I gain personal satisfaction and fulfillment from my responsibilities.

**Why did you choose this score?**

.....

.....

# Compassion

*We all share an undeniable interdependence. When we try to understand and ease pain, we set in motion a wave of infinite love and possibility.*

Reflect on the role that compassion — toward yourself and others — played for you in the last 12 months.

## What is something from the past year that you regret?

Write yourself a short note in which you **forgive** yourself, **let go**, and **move forward**.

### When did someone show you compassion?

### When was your ability to show compassion tested?

## How did you respond?

*“Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.”*

DALAI LAMA XIV

# Simplicity

*In the chaos of life, it can be hard to reduce the noise and focus on what is essential.*

## LOOKING BACK

What was the most gratifying use of your time this year?

What was **one simple pleasure** from the past year that will continue to make you smile for years to come?

## LOOKING AHEAD

What would you like to spend **less time** on next year?

What are you holding on to — physically or emotionally — that you'd like to **let go of** in the coming year?

“Simplicity is about subtracting the obvious and adding the meaningful.”

JOHN MAEDA

# Adventure

*Match curiosity with courage to take the first step toward adventure.  
No matter the outcome, the most memorable part will be the journey.*

	What were your top three “adventures” from this past year?	List one way that each helped you grow:
1		
2		
3		

Was there a moment when you **overcame fear** or did something outside of your comfort zone?

**What enabled you to overcome this fear?**

## LEVEL UP!

Confronting our fears with **curiosity** allows us to better learn and grow from them.



# Creativity

*Broaden your perspective, connect the dots, do the work. Repeat.*

What **creative endeavors** did you pursue this year?

A large rectangular area filled with a grid of small, evenly spaced dotted lines, intended for handwritten notes or answers.

“ *Imagination will often carry us to worlds that never were. But without it we go nowhere.*

CARL SAGAN

### What did you learn from working on these creative projects?

List three creative projects or hobbies you would like to **explore** in the year ahead (either new or ones you'd like to continue):

1

2

3

# Passion

*Do what makes you feel alive and find yourself in places you never thought possible.*

Use the space below to write or draw all the things that **made you feel alive** this year. If they raised your heartbeat just a little bit, make them small, but if they really pumped you up, make them big and bold!



In this section, “work” means your primary daily responsibilities.

In what ways was your work **meaningful** to you this year?

List three new **skills** you learned:

1

2

3

How do you hope to **change or improve** your work life next year?

# Resilience

*With each setback, reflect on what you have learned and simply begin again.*

	List three challenging moments this year.	How did you feel in each of these moments?
1		
2		
3		

“ *I’m thankful for my struggle because without it  
I wouldn’t have stumbled across my strength.*

ALEX ELLE

How did you respond  
to each challenge?

What did you learn? How have you  
been changed by the experience?

# Integrity

*When our actions reflect our values, we are truly ourselves.*

## RAPID-FIRE

Writing what immediately comes to mind can sometimes give us the most honest glimpse of who we are and who we want to be.

## What would you do if you won the lottery tomorrow?

## What would you do if you knew you **could not fail**?

If you were granted **three wishes**, what would they be?

1

2

3

Did any of your **strongly held beliefs** come into question this year?

## When did you stand up for your values this year?



# Gratitude

*Gratitude has the power to bring joy and peace to ourselves and others.*

Share **five experiences, people, or things** you are grateful for this year.

**1** This year I was grateful for .....

because .....

.....

.....

.....

.....

**2** This year I was grateful for .....

because .....

.....

.....

.....

.....

“ *I don't have to chase extraordinary moments to find happiness. It's right in front of me if I'm paying attention and practicing gratitude.*

**BRENÉ BROWN**

**3** This year I was grateful for .....

because .....

.....

.....

.....

**4** This year I was grateful for .....

because .....

.....

.....

.....

**5** This year I was grateful for .....

because .....

.....

.....

.....

# Reflection

*Give yourself one final moment to look at where you have been this year.*

If you could go back in time, what **advice** would you give yourself knowing what you know now? What wisdom or insight would you share?

Handwriting practice lines consisting of multiple horizontal dotted lines for tracing or writing practice.

# Looking Ahead

*Think about your goals and intentions for the coming year.*

## **A Goal:**

*Focuses on the future, external accomplishments*

### **EXAMPLE:**

See the sunrise, run a marathon, or go to Hawaii

## **An Intention:**

*Focuses on a present, internal state of being*

### **EXAMPLE:**

To be happy, healthy, or at peace

## **SETTING GOALS**

What are **three goals** you hope to achieve this year?

1

2

3

**Ask tough questions and examine your motives for each goal.** You should have a clear sense of why you set each one so that when an obstacle comes up, you won't question whether or not to keep moving forward. For each goal, aim to answer Yes to the following three questions:

**Is this goal **aligned** with my longer-term goals?**

**Is this a goal that I can **reasonably achieve** this year?**

**Can I **break it down** into smaller action steps?**

If you answer *No* to any of the questions above, take time to revise that goal into one that is effective and achievable.



“ *Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.*

LAO TZU

Copyright © Holstee Inc. 2022 — This kit is inspired by our readings from Anaïs Nin, Dalai Lama XIV, Epictetus, John Maeda, Carl Sagan, Alex Elle, Brené Brown, and Lao Tzu.

For further reading and curated resources visit: [holstee.com/reflection](https://holstee.com/reflection)