

Look back in order to live forward.

HOLSTEE

WELCOME TO

Reflection

3 Where to begin 22 Adventu	3 Where to Begin	22 Adventure
-----------------------------	-------------------------	---------------------

4 Looking Back 24 Creativity

10 Superlatives **26** Passion

12 Intention **28** Resilience

14 Kinship **30** Integrity

16 *Wellness* **32** *Gratitude*

18 Compassion **34** Reflection

20 Simplicity **36** Looking Ahead





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

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.

Miles and Dave Padpare

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

MONTH 1

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.**

☆ Highlights	⊕ Lowlights
MONTH 2	
MONTH 2 # Highlights	ை Lowlights
	⊕ Lowlights
	← Lowlights

# Highlights	← Lowlights
MONTH 4	
	□ Lowlights □
	← Lowlights

or passion projects?

# Highlights	
MONTH 6	
MONTH 6 # Highlights	
	⊕ Lowlights
	⊕ Lowlights
	⊕ Lowlights
	← Lowlights
	← Lowlights
	← Lowlights
	← Lowlights

# Highlights	⊕ Lowlights
MONTH 8	
☆ Highlights	⊕ Lowlights

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!

# Highlights	□ Lowlights
MONITH 40	
MONTH 10	
MONTH 10 # Highlights	
	⊕ Lowlights
	← Lowlights
	← Lowlights
	← Lowlights
	← Lowlights
	← Lowlights
	← Lowlights

# 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	j :													
	Book	:													
.	Movi	e oı	Sho	ow:											
<u></u>	Meal	•													
í.××	Place	e Vis	sited	l:											
⊗	Obje	ct:													
Wha	What inspired you this year?														
								: : : :					:		

ear	my	bigg	est a	iccoi	mplis	shme	nt w	as:						
	ear	ear my	ear my bigg	ear my biggest a	ear my biggest accor	ear my biggest accomplis	ear my biggest accomplishme	ear my biggest accomplishment w	rear my biggest accomplishment was:	ear my biggest accomplishment was:	rear my biggest accomplishment was:			

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.

GOAI	_ 1:									
How	did you	do wit	th this g	oal?						
<u></u>	1	2	3	4	5	6	7	8	9	\text{\ti}\text{\texi{\text{\texi}\text{\texi}\text{\text{\text{\text{\tex{\texit{\text{\texi}\text{\text{\texi}\text{\texi}\text{\text{\text{\text{\text{\texi}\text{\text{\texi}\text{\texit{\text{\texi}
How	did you	ır strivi	ng for t	his goa	l play c	out this	year?			
GOAI	- 2:									
How	did you	ı do wit	th this g	oal?						
<u></u>	1	2	3	4	5	6	7	8	9	(
How	did you	ır strivi	ng for t	his goa	l play c	out this	year?			

GOA	AL 3:														
How	did y	/ou	do w	ith t	his g	oal?									
<u></u>	1		2	3		4	5	5	6		7	8		9	\(\text{\ti}\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\tex{\tex
How	did y	our/	striv	/ing	for tl	his g	oal p	lay d	out tl	nis y	ear?				
Wha	t obs	tacle	es or	chal	lleng	es (b	ig or	sma	ıll) di	d yo	u fac	e wi	th th	ese ç	goals?
Wha	ıt help	oed	push	ı yoı	ı forv	ward	?								

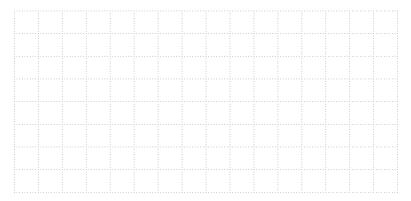
Kinship

Experience your own light by seeing it in others.

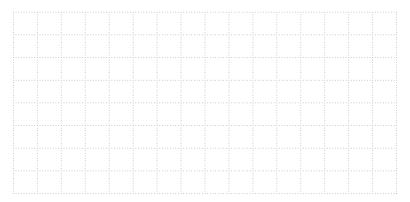
Who are you most grateful for this year? Why?

	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?															
Whi	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 Mark on the diagram the frequency with	
experienced each dimension of wellness	
Choose from 1 (never) to 5 (frequently).	
	P
Love: I nourish and am nourished by the people in my life. Why did you choose this score?	N 9
	5 4 3 2 1 0° 0° 0° 0° 0° 0° 0° 0° 0° 0° 0° 0° 0°
Play: I make time for activities that spark joy in me.	0
Why did you choose this score?	6
	9



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

Why did you choose this score?



Compassion

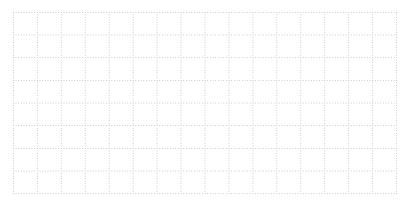
We all share an undeniable interdependence. When we try to understand and ease pain, we set in motion a wave of infinite love and possibility.

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

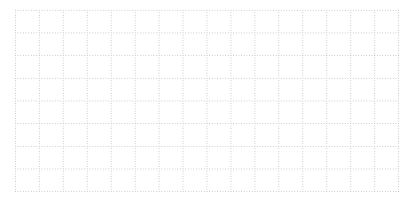
What is something from the past year that you regret?

rite nd r				no	ote	in	wł	nicl	h y	ou	fo	rgi	ive	yc	our	se	lf,	let	go	ο,	

When did someone show you compassion?



When was your ability to show compassion tested? How did you respond?



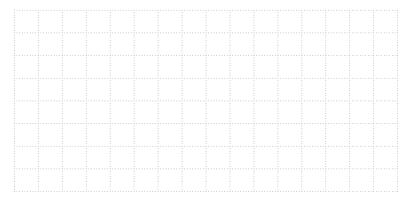
Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.

Simplicity

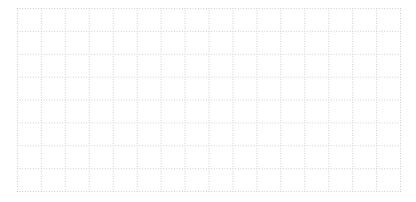
In the chaos of life, it can be hard to reduce the noise and focus on what is essential.

LOOKING BACK

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

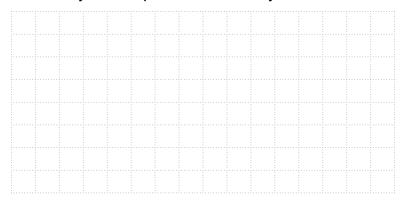


What was one simple pleasure from the past year that will continue to make you smile for years to come?

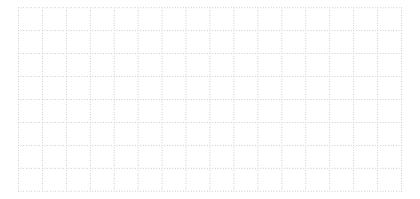


LOOKING AHEAD

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

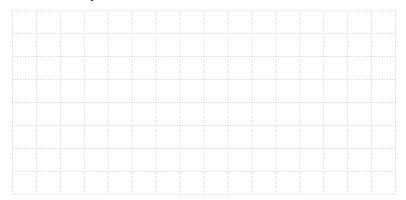
Match curiosity with courage to take the first step toward adventure. No matter the outcome, the most memorable part will be the journey.

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

outside of your comfort zone?

Was there a moment when you overcame fear or did something

What enabled you to overcome this fear?



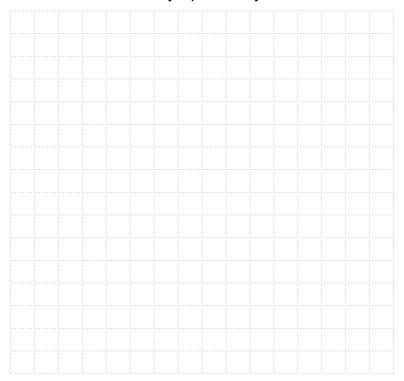
LEVEL UP!

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?



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

CARL SAGAN

				oject ew or								xplo	re in	th
ıı d	ieau	ונפונו	iei II	ew Of	One	s you	u lik	. . 10	COIIL	mue	۱٠			

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: 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.

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

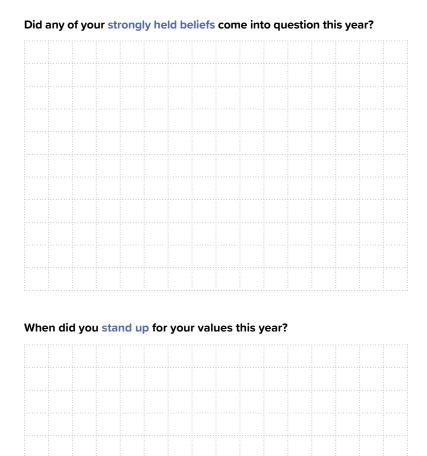
When our actions reflect our values, we are truly ourselves.

What would you do if you won the lottery tomorrow?

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.

VVIIC	it wo	uiu y	,ou c	10 11	you	WOII	tile i	ottei	y to	11011	OVV.			
Wha	it wo	uld	ou c	lo it	you I	knev	v you	cou	ld no	ot fai	!?			
If yo	u we	ere g	rante	ed th	ree v	wish	es, w	/hat	woul	d the	ey be	9?		
1														
2														
3														



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.

3 This year I was grateful for	r
because	
4 This year I was grateful for	r
because	
5 This year I was grateful for	r

Reflection

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

ou could wing wh					

Looking Ahead

Think about your goals and intentions for the coming year.

Λ	G	_	_	١.
4	17	О		

Focuses on the future, external accomplishments

An Intention:

Focuses on a present, internal state of being

EXAMPLE:

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

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.

Now, imagine the moment that you achieve one of your goals. Think about this accomplishment. Meditate on it.

Write down three things that got you to this moment.				
1				
2				
3				
SETTING AN INTENTION Let's use that last practice to set an intention. Still imagining you have just achieved your goals, describe how you feel or your state of being (e.g., joyful, connected, at peace, enough).				
Recognize the state of being you det the year by completing this sentence	•			

This year, my intention is to be/feel

Nicely done! Your intention is meant to be as dynamic as you. It may change as you learn and grow throughout the year. Come back to these exercises when you feel like you need to refocus.

"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 \odot 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