HOLSTEE

a guided reflection journal for 2017

"By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest." – CONFUCIUS

Dear friends,

Reflecting can be one of the hardest things to make time for — but it's also one of our most valuable tools for learning, growing, and living mindfully.

We created this Reflection Journal to help you look back and take stock of the past year. We'll review the highs, the lows, and the threads that connect them, hopefully gleaning a bit of wisdom that can help us as we chart our way into the year ahead.

This journal is designed to help you reflect on the last 12 months — but that doesn't mean you necessarily have to work through it at the end of the year. Start after a big life milestone, look back on several years, share these questions with friends, reflect over the course of several cozy Sundays — the guide and

how you use it is up to you! Months and years from now you'll be so glad you took the time to reflect today.

Wishing you many thoughtful moments of reflection and clarity,

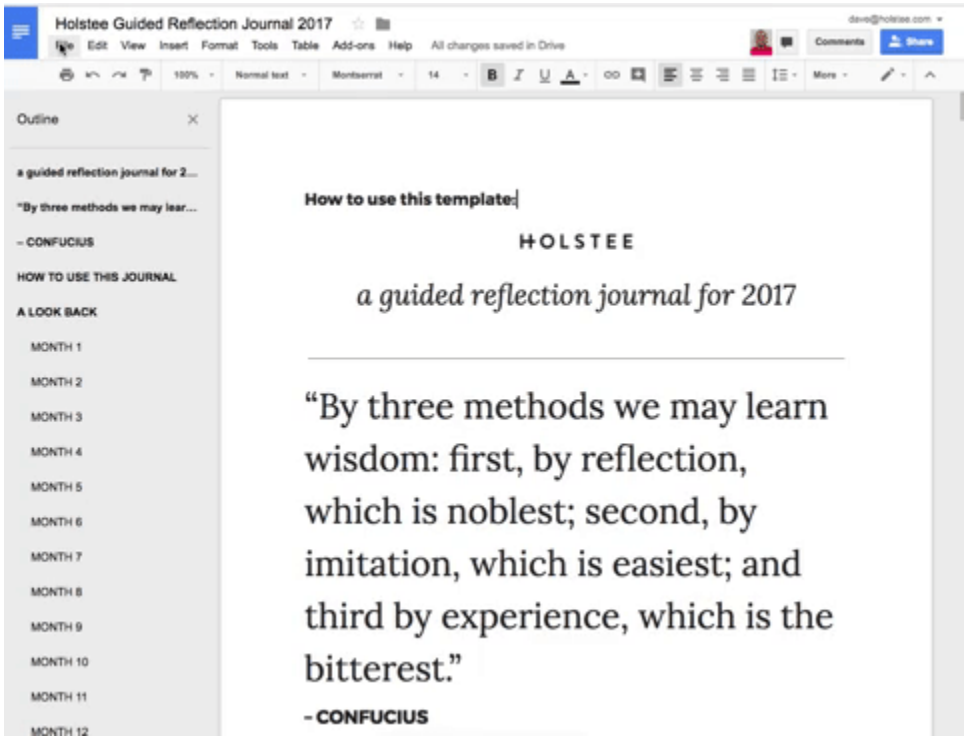


Mike and Dave

Co-Founders, Holstee

HOW TO USE THIS JOURNAL

1. Copy this google doc, so you can have your own copy and you can type your answers directly in the doc.



2. Treat yourself! Prepare your favorite beverage, and put on your favorite album. This is your time.
3. Give yourself time and space to go through the questions. You can fly through it in one sitting, or maybe you'll take a whole month (or longer!). Do what feels right for you..
4. Be honest with yourself, even when it hurts. The deeper you dig the more you'll learn.
5. Remember: the past is the past. Observe it but try not to judge it.
6. Read all instructions — but choose which to follow. Make it work for you.

A LOOK BACK

Let's start by taking stock of what actually happened this year on the timeline below, starting with the first month you identified for your reflection period. Take a look through your planner, journal, and photo albums (digital included!) and list out the highs and lows.

Did you travel anywhere this year? Experience any personal or family milestones? Go through changes in your relationships, work, or passion projects? Add them to your lists below — it will be helpful for the reflection questions ahead.

MONTH 1

HIGHLIGHTS

LOWLIGHTS

MONTH 2

HIGHLIGHTS

LOWLIGHTS

MONTH 3

HIGHLIGHTS

LOWLIGHTS

MONTH 4

HIGHLIGHTS

LOWLIGHTS

MONTH 5

HIGHLIGHTS

HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

MONTH 6

HIGHLIGHTS

MONTH 10

HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

MONTH 7

HIGHLIGHTS

MONTH 11

HIGHLIGHTS

LOWLIGHTS

LOWLIGHTS

MONTH 8

HIGHLIGHTS

MONTH 12

HIGHLIGHTS

LOWLIGHTS

MONTH 9

LOWLIGHT

Looking back, are you noticing any patterns? Do your highs or lows generally involve certain people in your life? Or any specific activities?

SUPERLATIVES

Lightning round time. What were some of your favorites from the last year? Answer in just a few words.

Favorite Song:

Favorite Book:

Favorite Movie:

Favorite Meal:

Favorite Beverage:

Favorite Restaurant:

Favorite Place Visited:

This year my biggest challenge was:

This year my biggest accomplishment was:

“Life can only be understood backwards; but it must be lived forwards.”

– SØREN KIERKEGAARD

This past year in one word:

Why does that word best describe your year

INTENTION

Our thoughts lead to action. Our actions create our experiences. Our experiences define our character. Every day we decide who we will become tomorrow. Looking back to the beginning of the year, did you set any intentions, resolutions, or goals? How do you think you did with them?

Intention One:

How did you do with this intention?

1 2 3 4 5 6 7 8 9 10

Intention Two:

How did you do with this intention?

1 2 3 4 5 6 7 8 9 10

Intention Three:

How did you do with this intention?

1 2 3 4 5 6 7 8 9 10

How did these intentions play out over the year?

What obstacles or challenges (big and small) did you face?

What helped push you forward?

KINSHIP

Life is about the people we meet and the things we create with them. The bonds we share are constantly in motion, balancing what we give and what we need. There's nothing quite as inspiring, loving, or challenging.

Who are you most grateful for this year?

Take a moment and let them know! It can be as simple as a text message, a phone call, or an invite to coffee so you can express your gratitude in person.

Who do you hope to build a deeper relationship with?

Which relationships in your life grew the most?

Which relationships need more time, love, or attention?

“Could a greater miracle take place than for us to look through each other’s eyes for an instant?”

– HENRY DAVID THOREAU

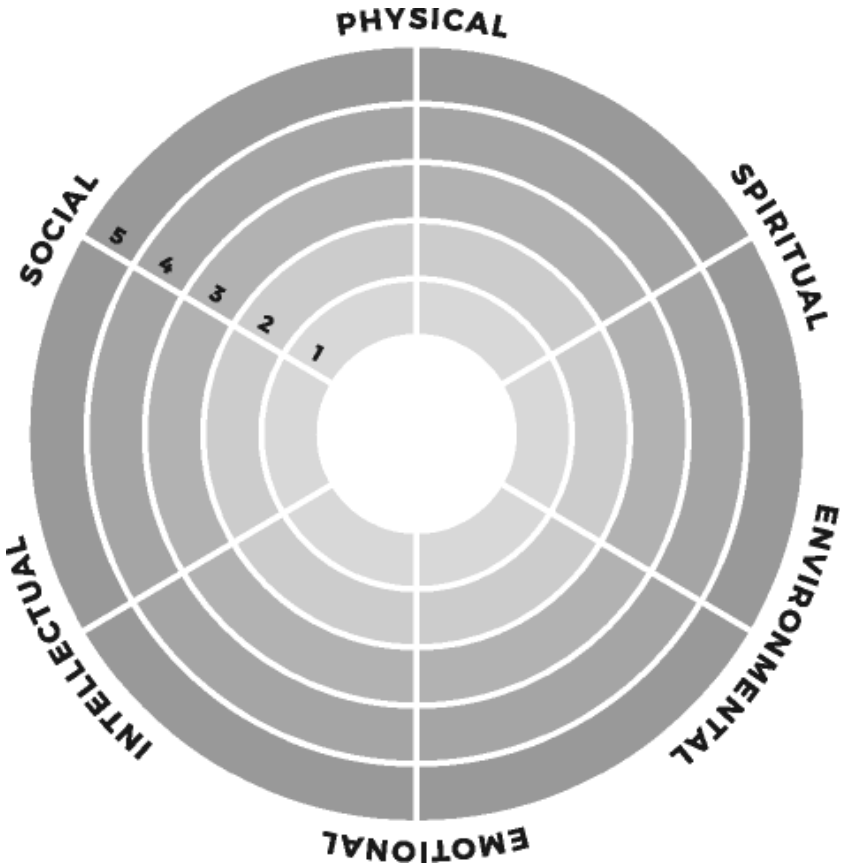
What was one moment where the people you were with made all the difference? How did you feel?

WELLNESS

In its optimal form, wellness is all-encompassing; it's physical, emotional, spiritual, intellectual, social, and environmental. Each dimension contributes to our well-being. And when we care for each of them, our bodies, minds, and spirits can find harmony.

SIX DIMENSIONS OF WELLNESS

Take a look at the definitions on the next page, and mark how you feel you did with each category this year on a scale from 1–5. Draw a line connecting these marks to see what areas you might want to focus on more in the coming year.



PHYSICAL: taking care of our bodies and recognizing the effects of our daily habits and behaviors	SPIRITUAL: understanding and connecting to things larger than ourselves and our experiences
ENVIRONMENTAL: respecting the earth and feeling fulfillment and joy from our surroundings	INTELLECTUAL: continued pursuit of learning, problem solving, processing, and creativity
EMOTIONAL: an awareness of our feelings and the ability to express them freely	SOCIAL: being comfortable in our own skin and treating others with love and compassion.

How did your relationship to wellness change this year?

What categories do you want to focus on in the coming year?

COMPASSION

When we try to understand and ease pain, we set in motion a wave of infinite love and possibility. Reflect on how compassion played a role in your life these past 12 months.

When did you have the opportunity to be compassionate towards someone in a time of need this past year?

When did someone show you compassion?

When in the last year was your ability to show compassion tested? How did you respond?

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” – DALAI LAMA XIV

What is something you regret from the past year? Write it here.

Now write yourself a short note in which you forgive yourself. Tell yourself that what’s in the past is in the past. Allow yourself to let go of this regret and move forward.

SIMPLICITY

In the chaos we call life, it can be hard to reduce the noise and focus on what is essential. Reflect on how you kept it simple this past year and ways you can simplify even more moving forward.

What was your single biggest time-waster this past year?

What was the best use of your time?

"It's not the daily increase but daily decrease. Hack away at the unessential." – BRUCE LEE

The Pareto Principle (also known as the 80 / 20 rule) was identified by Italian economist Vilfredo Pareto in 1906. It suggests that about 20% of actions tend to yield about 80% of the outcomes. The numbers are not hard facts, but the idea is that a small segment of things tends to generate most of the output.

The same can often be true of our possessions. Use this exercise to reflect on what is essential and what is clutter in your life.

Identify the things that are most essential in your life:

Identify the clutter:

Take a moment now to gather these items and bag them up to donate to charity. Good for you, good for others.

ADVENTURE

Our greatest moments of growth can come when we combine our curiosity with bravery and venture beyond our routines and comfort zones. Think back to the most memorable adventures you had last year.

What were your top three adventures from this past year:

1

2

3

List one thing you learned from each adventure:

1

2

3

Confronting fear with curiosity and bravery allows us to better examine, learn from, and grow past that fear. In certain moments, especially those of potential personal growth, fear can point us in the right direction and should be examined and questioned.

Was there a moment this past year when you were held back by fear? Was this fear justified?

Was there a moment this past year when you overcame fear and did something outside your comfort zone?

What gave you confidence or assurance to overcome this fear?

CREATIVITY

Creativity is inside all of us. We just need to set it free. It's our unique way of expressing ourselves and turning our wildest ideas into reality. How did creativity play a role in your year?

What creative endeavors did you pursue this year?

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 (new or existing ones you'd like to continue):

“Day by day, we build our lives, and day by day, we can take steps toward making real the magnificent creations of our imaginations.”

– WILLIAM JAMES

PASSION

Talking about your passions raises your heartbeat. Thinking about them causes time to disappear. Doing them makes you feel alive. Explore these moments of passion from the past year.

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

WHERE PASSION MEETS WORK

For some, our work is our passion. And if it isn't, this is a good time to reflect on our successes, challenges, what we'd like to change, and what we learned.

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

Resilience is all about working through our pain points, adapting to our challenges, and moving forward. With each setback, we are able to reflect, learn, and simply begin again.

What were your three most challenging moments this year?

How did you respond to these challenges?

How did you feel in the moment?

How did these experiences change you?

“I am not afraid of storms, for I am learning how to sail my ship.”

– LOUISA MAY ALCOTT

INTEGRITY

To live with integrity, we must first reflect on and define our values. One way we can do this is by considering how we would live if nothing got in the way, if we had no limitations.

Answer these questions rapid-fire style! Don’t worry about finding the perfect answer, just write what immediately comes to mind — this 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?

Take a few extra moments to answer the following questions about your values and what role integrity played in your year:

When did you stand up for your values this year?

Did you have any strongly held beliefs that came into question?

GRATITUDE

Appreciate every relationship, experience, and opportunity that has made you who you are.

I am lucky because:

I am grateful for_____this year because _____.

I am grateful for_____this year because _____.

I am grateful for_____this year because _____.

Who are you most grateful for this past year? On the next page, write a letter to this person letting them know how you feel and why you are especially grateful for them this year.

thank you.

“It’s on the strength of observation and reflection that one finds a way. So we must dig and delve unceasingly.” – CLAUDE MONET

REFLECTION

Give yourself one final moment to look back and take stock of where you’ve been.

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