



may groppo

**a year of
you**

**a self-discovery
logbook**

monoblock

some advice to use this logbook

The main goal of this logbook is to register your thoughts and put them in paper so as to put some order and connect with your emotions. Basically to focus on you.

how do I use it?

Each section has its own indications and each question will lead you to reflect on a certain topic; sometimes it'll be quick and sometimes you will need to spend more time on them. I suggest you previously prepare the room to connect with yourself: put on some music, light a candle, sit in your garden or visit your favourite cafe.

The most important thing is for it to be a pleasant and private activity, so you don't censor your answers. It is also possible to work with your friends and family, each one answering their own questions and sharing some delicious snacking in silence, or commenting your own findings. You will decide the way, it doesn't have to be the same each year: it's not school homework. Enjoy it.

do I have to work on it at the end of the year?

December smells like reset and opportunities. However, these exercises are not tied to the calendar: you can do them any time you need to close certain cycle, and to start a new one clearly and with purpose. You can also do them on your birthday.

why are there three spaces to complete on each question or task?

This logbook is designed to be with you for three years, ideally three on a row. Repeating the same balance ritual will allow you to discover patterns and will help you dig deeper. Some years a question will make a lot of sense and others you may leave it blank or write just one word on it.

what if I don't know what to answer?

Let me ask you: How do you handle demand? It's ok to get stuck, not knowing what to answer, not answering something bright. The main goal is to connecting with what you feel and keeping a record, so give it a go.

Once the Censor appears (like Julia Cameron calls it in "The Artist's Way") I invite you to talk to it with compassion, or send it shopping for pastries and force yourself to write whatever comes to mind, however it comes. The simplest details are the ones that you'll be thankful you've written. Challenge what you believe you'll remember three years from now, and try to write with precision.

I'm afraid it will connect me with past emotions or trauma

Emotions come and go, even if we get angry or sad, we won't be stuck there forever. We're used to not feeling, and we have found shelter in a bunch of "safe" emotions, so we avoid the rest, or we mask them in many ways. This is an invitation to start dissolving this in an easy way and in order. It's on you now.

I'm sure several emotions will visit you while completing this logbook, but if you feel like something might lead you to a very painful or traumatic memory, you can skip the question and pause. If that's the case, revisiting that moment or time should be done together with a professional, or someone who is capable of helping you. Always take care of yourself.

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save some room
in your heart
for the unimaginable.

— mary oliver

part 1

miscellaneous record



This section has triggers: adapt them, beat around the bush, go over them the way you like, add the information you would like to keep a record on.

Remember this is for you.

You know yourself more than anyone so answer these questions the way you would like to read them later. You can help yourself by searching in your appointment book, calendar or pictures. Do you realize how many things happened?

#9

did you make changes in your home,
move things or make purchases
with any special meaning?

part 1 — micellaneous record

year

year

#10

which were the best
presents you received?

part 1 — micellaneous record

year

year

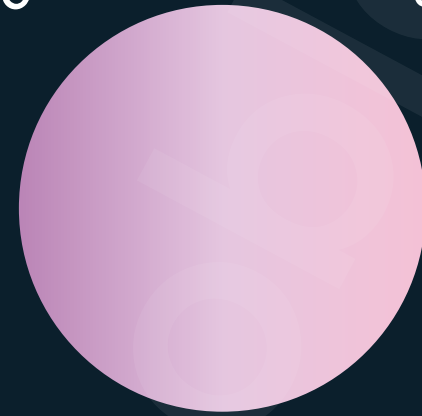
year

we're so engaged
in doing things to
achieve purposes of
outer value that we forget
the inner value,
the rapture that
is associated with being
alive, is what it is all about.

— joseph campbell

part 2

checking old goals



Maybe in this ending stage, you've made intentions or written goals. I invite you to think about a broader definition of "success". This may lead you to celebrate or help you let go.

#18

had you written any resolutions?
what happened to your goals?

part 2 — checking old goals

year

year

#25

year

what new skills did you learn?

part 2 — checking old goals

year

year

space, time, body

Checking these three categories periodically helps us grow, give space to the new, unfold in every new stage and be even more ourselves.

i invite you to score each category from 1 to 10 and write down possibilities for improvement or celebration.



#53

time

I'm closer to 10 when I live my real calendar. I allow myself to save time beforehand for all the activities I would like to continue or set up. I can think about the everyday, but I also have a look out for the weeks, months, trimesters and years. I schedule my time and I feel like my roles are balanced according to what I want. I'm closer to 1 when I feel time is not enough, I'm always running and I postpone the important stuff.

part 7 — equalizer

year

1 2 3 4 5 6 7 8 9 10

year

1 2 3 4 5 6 7 8 9 10

it's never too soon or too late to be who you want to be

A year of you is a self-discovery practical guide that challenges you to dig deeper in order to recognize what has been lived, let go of the old and celebrate what has been learned.

You can do it at the end of the year, around your birthday or whenever you need to close a chapter.

More than 60 questions and triggers to update your perception about you, connect with your wishes and choose your next steps with clarity and intention. This logbook holds the opportunity of pausing and gives you space for that much-needed talk with yourself.

Plenty of
space to log
up to
3 years



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