

BYE 2024 → 2025

As you go through the following pages, make it your own. Do the parts in a different order or skip some altogether. And have fun.

BRAIN DUMP

FIRST, GET COMFORTABLE AND GET SOME SUPPLIES.

Journal, a pen, art stuff, laptop, etc.

THEN, DUMP OUT YOUR BRAIN

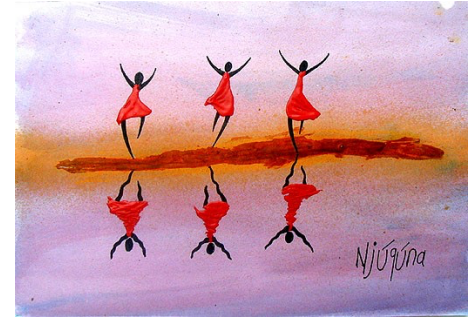
List below everything that is on your mind right now, in a stream of consciousness. All the little things you need to do, anything weighing on your mind. Put it aside.



Mural in Shoreditch, London

LOOKING BACK ON 2024

HIGHLIGHTS



Yeah 2024 was A LOT. But what were some of the gems? What made your heart sing? Left you better in some way? Felt like time well spent? Accomplishments? What images come to mind?

How do you feel remembering these?

What / who supported or nurtured you this year?

What threads from 2024 do you want to bring forward into the new year?

LOW POINTS

What was hard about the year? What would you not do again?
What do you want to leave behind?



"Orange Sunset" by Peter Doig

LEARNING

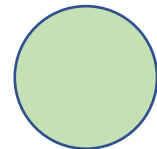
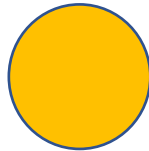
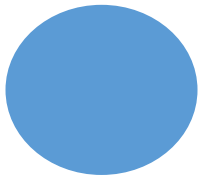
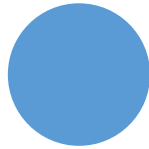
What was some of your most important learning? What are you excited to build on?



"Flashlight" embroidery artist, Christine Antieau

LOOKING AHEAD TO 2025

Imagine it's December 2025, a year from now, and you are sitting quietly with a smile on your face and a heart full of gratitude. What's happened over the course of this year? Write as many things as you can, stream of consciousness, whatever arises.



Look at all the things you wrote down. Which ones feel most exciting to you? Circle them.



IN THE SHORT RUN:

What do you most need over the next few weeks?

What other questions do you want to ask yourself and answer? Go ahead and do it...

Thanks Banksy

