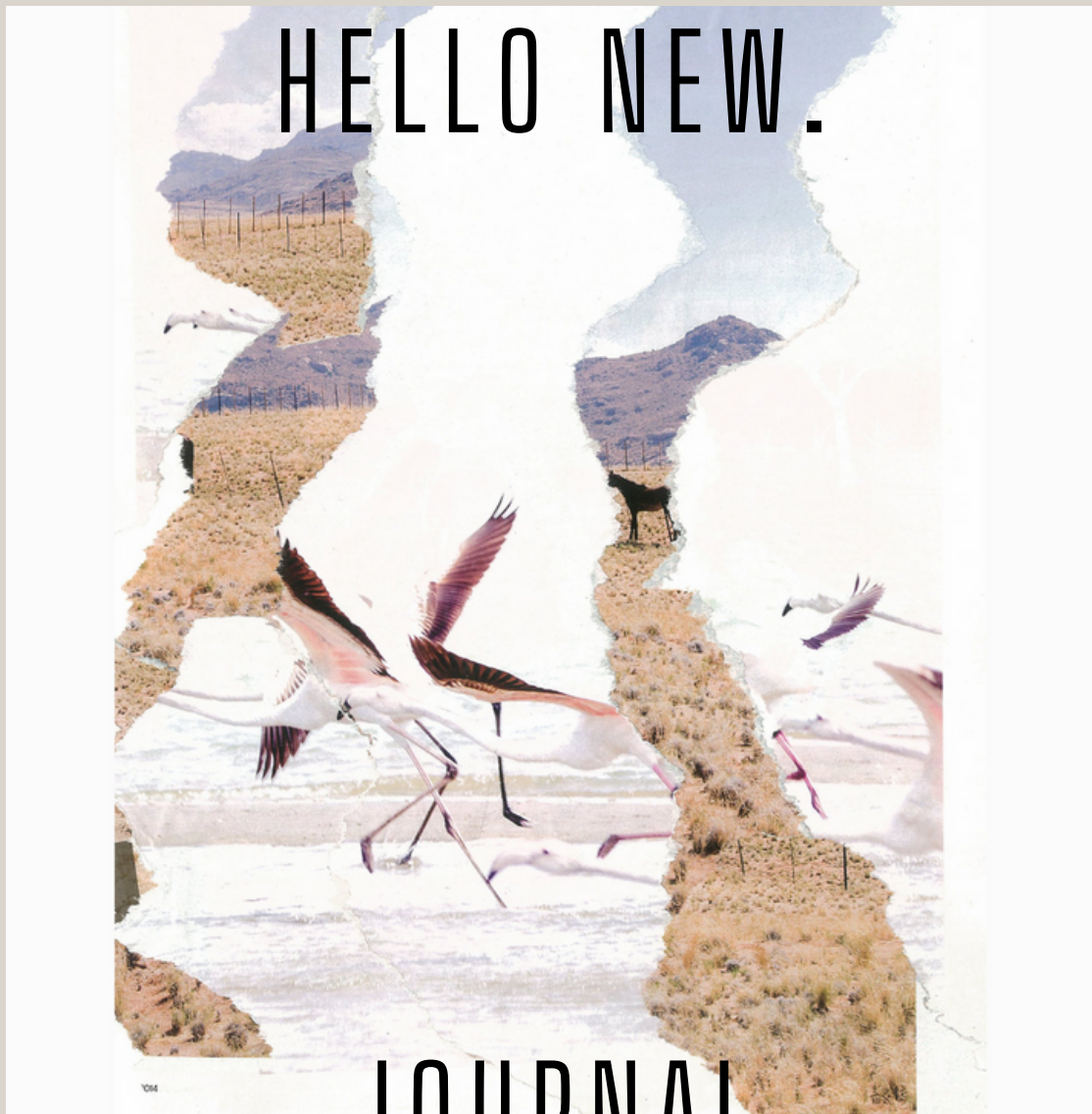


RELEASE 2024

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VOL.1

GOODBYE OLD.
HELLO NEW.



JOURNAL

42
PAGES

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CREATE CLARITY + PEACE OF MIND

DO YOU ALSO VALUE LOOKING BACK AT THE PAST YEAR BEFORE MOVING INTO THE NEXT ONE? ARE YOU INTRIGUED TO SEE WHAT LAST YEAR TAUGHT YOU AND HOW THESE LESSONS CAN GUIDE YOU ONWARDS?

This journal is a great tool for daily thematic reflections on what to say goodbye to, what to welcome in and what to say hello to.

GOODBYE OLD HELLO NEW

Self-Inquiry Exercises

In this e-book you will be guided to journal your thoughts and reflect on them by looking at various themes to evaluate last year and to start looking ahead. Keep it easy peasy. You decide when and where you do the self-inquiry exercises. You can answer one question per day or you can do all of them in one day. It's entirely up to you.

RECONNECT + EXPERIENCE

Reflections are a way to reconnect with your inner voice. When you can connect to that voice, you can feel your deepest needs and wishes and you can adjust your actions accordingly. **What other practices, other than the self-inquiry exercises in this journal, could you do to reconnect with yourself on a daily basis?**

Ready? Try creating mind-maps for clarity and peace of mind. Put a theme (question) on the middle of a blank page. Start adding the related topics (answers) around it. Add sub-topics (answers) around each topic. Throughout the next few days or weeks, you can keep on adding to it. Allow yourself the time to finetune your answers.

How about ... ?

Meditation. Yoga.
Journaling. Exercise.
Walking. Hiking.
Running. Massage.
Dancing to your
favourite tune.
Singing. Simply
staring into space or
at the clouds.
Hugging a tree. You
name it.

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Journal

GOODBYE OLD. HELLO NEW.

**PRACTICES THAT
SUPPORT ME AND
HELP ME TO
RECONNECT WITH
MYSELF ARE**

**+ WAYS OF BEING
THAT NO LONGER
WORK FOR ME ARE**

A large grid of small dots for journaling, consisting of 20 columns and 30 rows of light gray dots on a white background.

REFLECTIONS | YOU

What did you do in the last year that you did purely and only for yourself? How did it make you feel?

Last year? You can reflect on what happened last year or the year that started on your birthday.



How about ... ?

Think about it already. What could you do more of in the next year for **yourself?**

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Journal

REFLECTIONS | OTHERS

'Others' refers to people that you know personally. What did you do for others in the last year? How did it make you feel?



How about ... ?

Think about it already. What could you do more of in the next year for **others**?

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Journal

REFLECTIONS | THE WORLD

What did you do in the last year that might have had an impact, not only on you and the people you know (others), but also on the people you don't know personally (yet)? I call it 'The World'. How did it make you feel?



How about ... ?

Think about it already. What could you do more of in the next year for **the world?**


**GOODBYE OLD
HELLO NEW**

Journal

REFLECTIONS | YOU, OTHERS, THE WORLD

What's most evident already? What do you wish for yourself, others and the world for the next year?

TIP | Create a list of wishes and choose 3 words eventually that reflect what's most important to you. Put these words up where you can see them regularly as a gentle reminder to yourself of what you would like life to be like for yourself, others and the world around you. Think about feeling states here. For example: I'd like us all to be and feel free, safe and loved.



How about ... ?

Think about it already. What could you do more of in the next year for **yourself, others and the world?**

**GOODBYE OLD
HELLO NEW**

Journal

GOODBYE OLD HELLO NEW

*Be there for others,
but never leave
yourself behind.*

_ DODINSKY

Let's continue and move forward to evaluating last year and looking ahead to the coming year. This could be the actual New Year or your personal NEW year; your birthday. Or even any random day in the year when you decide you're ready for a New Beginning. **A FRESH START.**

HANDY!

One. Create a ritual. Make 'reflecting on your experiences' a quiet, wondrous moment in your day.

Two. Get yourself a nice paper notebook or use this journal. I've added many blank pages with dots for your notes to mind-map your answers.

Three. Allow yourself to focus. Create some quiet time in your day and even a certain space in your house for these reflective moments.

Four. Start with the theme that's most relevant to you. Make it even more playful perhaps by randomly opening up this journal on a page. The theme on that page is then right for you at that moment.

Five. Go at your own pace. Easy peasy. It's not meant to be difficult. So, no sweat. Breathe. Laugh. Enjoy it. This is a date with yourself. Have some fun. No need to be too serious about it all.

Six. Celebrate your accomplishments. Celebrate all of your answers. Sing. Dance. Laugh. You're doing it. Remember; you've got what it takes to navigate this.

Seven. Feel gratitude. Say 'Thank you!' to honour and acknowledge all that is present in your life already.

Eight. Simply connect. You know where to find me in case you need more guidance.

ANOTHER WAY FORWARD!

This is a method I love using. Try it yourself and see how close to the truth your answers will be. This is how it goes.

You can copy the questions I've written down for you on a piece of paper. If you do this, write them with your dominant hand. Then you take your pen in your non-dominant hand to write down your answers. Afterwards you take the pen back into your dominant hand.

Decipher what you just wrote down. Write down your answer again with your dominant hand by copying the answer you wrote down with your non-dominant hand. This way you can understand what you wrote down to the raised question when you read back through your notes after some time.

It works every time. I'm always surprised by the honesty of my answers. Hope it will work for you too. Enjoy it!

TIP. You could answer all questions twice. Once the 'normal' way and ones by trying out this method. Just give it a go. See what comes up!

ALLOWANCE

CREATIVITY

COURAGE

LOVE

HARMONY

INSIGHT

WISDOM

FEELING WHOLE

Themes that will guide you onwards!

GOOD TO KNOW!

The journaling themes on the next couple of pages are based on the 8-step method called '*The Emotional Walkabout*' from the book '*Emotional Yoga*' by Bija Bennett.

These themes also correspond with the seven energy wheels (Chakras) in our body that go from root to crown. You don't have to believe in this concept at all. Just see it as a framework of energy or a method which allows you to look at your reality.

Anodea Judith talks beautifully about these chakras in her book: '*Eastern Body. Western Mind*'. She writes about the stages of development in life and how these are connected to our chakras.

I believe it's a very interesting way of evaluating life and we can learn a lot from it. It made me see what themes are important in my own life and why. That's why I decided to use these themes in this journal. You could use it for your own benefit too. **Are you ready to give it a try?**