



Unpack Your Year 2023

playbook



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Congratulations!

You have officially made another trip around the sun. It probably wasn't quite what you expected - maybe a bit smoother or more turbulent than planned. Either way, you are here and you have an opportunity to work some magic for the year ahead.

This "play"book (i.e. not a "work"book) is designed to help you get clear on what you need more of in your life and what you are ready to leave behind as we embark on our next journey around the sun.

Here are the three steps to the process:

1. Unpack 2023

The first section is all about reflecting on the past year. What are you thrilled about and wanting to hold onto for bit longer? What are you grateful to leave behind?

2. Pick Your Destination

The second section is all about connecting to your sense of wanting, dreaming, and desire. If you're anything like me, you are very good about doing what you are 'supposed' to do and what others 'expect' of you... but what if you also said yes to things that were fully aligned with who you are and who you want to be?? Take time to imagine what that might be.

3. Pack Your Bags

This final section helps you prepare for the upcoming year. Once you are clearer on the direction you are heading, you can take an inventory of what you want to bring with you on your next trip around the sun!

"Rules" of Play

There are no rules. Truly. There is no "right" or "wrong" way to do this. Consider these guidelines to support your process.

Always take what you want and leave the rest.

Print it out the "play"book and gather any stationary or craft supplies you want. Fancy pens, washi tape, stickers... anything goes! You can color or doodle or sketch or decorate the pages however you want, including nothing at all.

Give yourself the gifts of time and comfort to get as much as you need out of this process. Do it in one sitting or over a few sessions. Find a quiet, cozy space or head to a bustling coffee shop. Enjoy a hot tea or a cold smoothie while you flip through the pages. Gather some friends together or do it solo. I give you permission to customize your experience in a way that is supportive of your process.

Pay attention to how it feels in your body as you read and reflect on each question. If it feels too yucky, skip to the next question. If you feel overwhelmed, take a break. If you feel unsure, skip it and come back to it later. If it feels challenging, go easy on yourself. If you feel happy, sit and soak in the good a bit longer.

Be honest & be yourself.

Unpack 2023

Let's start with reflecting on the past year.

What major events feel important to capture? Any major milestones? Big decisions or life events?

What was happening around you? In your family? Your Community? The World?

Highlights...

What moments were your favourite?



What are you most proud of this year?

What people, places, or things brought you the most joy?

When did you practice **courage** in 2023?

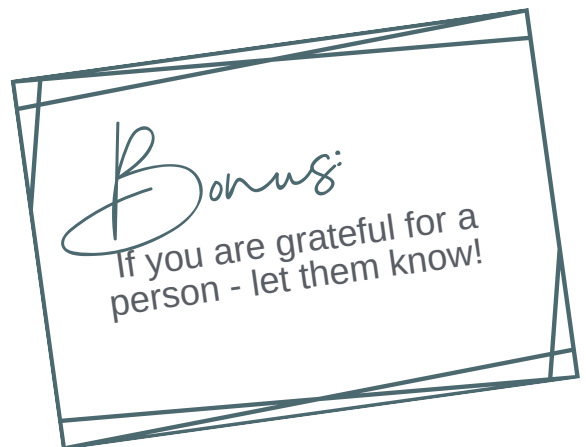
When did **fear** or **shame** hold you back in 2023?

What aspects of your life were **most aligned** with your values?

Gratitude....

What/who helped you most this year? (Could be a person, place, thing, or habit.)

What (or who) are you most grateful for this year? Big or small, epic or everyday... they all count!



& Grace....


Is there anything that happened that may need some grace? An amend to make? Someone to forgive? Maybe to yourself or someone else?

What did you miss this year?

What haven't you missed?

What felt **more important** than ever?

What felt **less important** than ever?




How have you taken care of your **physical** well-being?

How have you taken care of your **mental** well-being?

How have you taken care of your **emotional** well-being?

How have you taken care of your **spiritual** well-being?



How did this year impact your **priorities** (work, dreams, goals...)?

How has this year impacted your **heart** (relationships, family, friends...)?

How has this year impacted your **soul** (beliefs, practices, self-love...)?

How has this year impacted your **physical world** (home, health, money...)?

Your Souvenirs

Go back and re-read your responses on the previous pages. Add any new insights that arise.

Out of everything that you experienced on your 2023 journey, what's worth keeping? What stands out the most? What do you want to hold onto and bring into the next year?

Words...

Describe 2023 in 3 words:

Sensations...

Describe 2023 on how you felt in your body:

Song...

Describe 2023 in a song title (real or imaginary):

Book or Movie...

Describe 2023 as the title of a book or movie:

2023 as a Mood Board

A mood board is a collection of visual materials that evoke a certain style, concept or (yes), mood. They are used to communicate the "feel" of an idea.

Use this space to sketch, scribble, draw, collage, use stickers, or doodle an image or images that captures how you felt this year. How did this year **feel**, expressed as images??



Listen to your intuition here and don't let your inner judge hold you back because you "aren't good at drawing".

Last Call

Anything else that you want to capture before we say good-bye to 2023?
Regrets? Gratitudes? Reflections? Capture them here!





Thank you 2023!

You are now complete.

Pick Your Destination



Now it's time to imagine all of the amazing things that are possible for 2024!

This section is about dreaming and wanting, without an inner (or outer) critic telling you all the reasons why your dreams are silly.

Don't let that voice derail your process, this is a space to dream for the sake of dreaming and practicing feeling a sense of desire.

What's on your personal bucket list?

If you could wave a magic wand and make three things happen in YOUR life - what would they be?

What do you daydream about but don't give voice to?

What part of your life do you yearn to nurture in 2024?

What do you want to open your heart to this year?

Words...

Describe what you would like 2024 to be like in as many words as you want. Then circle or highlight the ones that feel most important.

Sensations...

Describe how you want to feel in your body this year:

Song

Pick a song for your anthem in 2024:

Book or Movie

What is the title of the book or movie that describes the vision you have for your life this year?

By This Time Next Year...

Fast forward to this time next year. You are reflecting on how your journey unfolded in 2024. What do you notice about...

...your **priorities** (work, dreams, goals...)?

... your **heart** (relationships, family, friends...)?

... your **soul** (beliefs, practices, self-love...)?

... your **physical world** (home, health, money...)?

2024 as a Mood Board

Use this space to sketch, scribble, draw, collage, use stickers, or doodle an image or images that captures how you want to **feel** in the year ahead.

This is more than a vision board of what you want to accomplish - be sure to pick imagery that evokes a **feeling in you.**



I declare:

All Things Are Possible

A faint, light-colored illustration of two hands holding a dove with its wings spread. The text 'All Things Are Possible' is written in a cursive font across the hands and dove. The background is decorated with small dots and stars.

Tip:

Notice how desire and wanting feel in your body. Lock in that sensation as you pack your bags in the next section.

Pack Your Bags



Now that you are clearer on the direction you are heading, you can take an inventory of what you want to bring with you (and what you want to leave behind, too!) on this next trip around the sun.

You can do this session right away if it feels good and you have the energy for it. Or you can focus on resting now while it's cold and dark, and start dreaming about what's next when spring starts sprouting in your neighborhood.

What strengths do you want to leverage this year?

What wisdom and knowing do you carry with you?

Who's coming with you? What qualities do you want in your community?

What books, music, or podcasts do you want to bring?

What favourite clothes or other items do you want to bring?

Things to Leave Behind...

You have too many dreams to drag yourself down with things that are no longer serving you. As the saying goes... *if you want to travel far and fast you must pack light.*

What unhelpful beliefs about yourself are you ready to release?

What responsibilities or commitments are you ready to let go of?

What habits are no longer serving you?

What do you want (or need) to say 'no' to?

Final Boarding Call

Anything else that you want to bring with you on the journey?



I would love to hear about your experience with this playbook. Please email any thoughts or feedback to amy@hummingbirdconsulting.com.

If you think a friend would enjoy this reflection and intention setting practice then please invite them to check out my work and download their copy from www.hummingbirdconsulting.com.

Thank you!

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